UK'S FASTEST GROWING WOMEN'S MONTHLY - TRY US!

AUGUST 2010
£2.70

essentials

Great value! ONLY £2.70

Time for you!

60 TIPS

Get that holiday feeling every day!

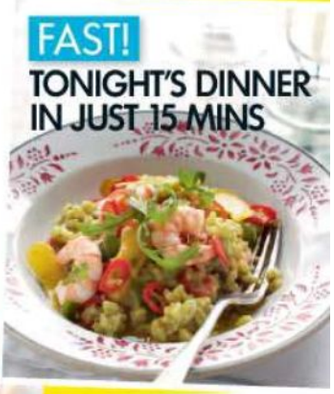
A FLAT TUM!
How to beat the bloat fast

'We saved over £1,750!'
You share your top money-saving tricks

FREE SUMMER BOOK WORTH £6.99 [+P&P]

32 PAGE MAGAZINE
Make it easy! Inside...

49 new recipes



21 EASY BEAUTY TRICKS
+ UNDER £10 TREATS



PLUS!
* Garden style
* Mini make-overs
* Chic crafts



sizzle! sexy! shine!
70 best fashion buys under £20!

SANITY-SAVERS!
Smart new ways to keep kids happy

08
9 770953 633204

L'ORÉAL PARIS

DERMO-EXPERTISE

WORLDWIDE N°1



ANTI-WRINKLE PROGRAMME*

REVITALIFT®

DAY CREAM

ANTI-WRINKLE + FIRMING

ADVANCED FORMULA WITH PRO-RETINOL A + ELASTIN

Smoothes the skin: 76% agree* + Skin feels firmer: 71% agree*
Reduces the appearance of wrinkles.
Unless you want a permanent lift, there's always Revitalift.

*Consumer test, 243 women

Because you're worth it

L'ORÉAL PARIS

*Revitalift programme, Nielsen IRI and SRI data, Jan - Dec 2009



Yey... it's time to escape!

Only a few more days and I'm off on my two-week summer hols. Just like an over-excited child at Christmas, I started the countdown far too early and for the last month the spare bed has gradually been completely covered with all the stuff I want to take. I've never been a light packer. I take after Mum, who used to fill three huge suitcases just for a week in Devon – luckily Dad was a chauffeur and used to borrow the boss's Rolls-Royce so boot space was never an issue!

I find it impossible to plan ahead so I cover off every eventuality. And, because I'm a bit obsessed about everything matching – including the earrings, the underwear, the shoes, the nail polish etc – it means I can't take one pair of sandals when I might need a pair that match another outfit, so I have to pack ten. Exhausting, I know! Husband takes four T-shirts, three shorts and he's done. I have a packing list that covers five A4 pages. He, quite obviously, doesn't need a list!

So every summer, me, husband and our two mini Dachsies – and far too many travel bags – squeeze into the sports car and make our way through France. Much as we'd love to jet off somewhere more exotic the dogs dictate otherwise – they're miserable in kennels and have been expelled from all the local dog-holiday-boarding-homes for wee-ing, howling and generally being naughty, so there's no option but for them to come away with us [they're not silly, those two]. Last time we went without them we were grimly handed a £350 bill for damages on our return!

This year we're staying in Provence with friends, and as usual I'll not do very much except shop [for more matching shoes], eat cheese, and sample lots of local wine sitting on the terrace by the pool. My only objective is to relax, do crosswords, plan a little bit for *essentials* [just a little] and learn how to play canasta – not too taxing, then!

> 'I try to keep that special holiday mood going for as long as I can'

It does me a world of good and I try to keep that special mood going for as long as I can when I get home, including bringing back lots of Provençal rosé! I know that I'll be doing a lot of the ideas in our 'Get that holiday feeling' special this month – see p46. Inspired by all of us in the *essentials* office and your reader tips, it's the ideal way to escape and take time out for you, whether you're at home or dog-holidaying in France!

Bon vacances and until next month...

Jules

Jules Barton-Breck, Editor

My holiday essentials

I pack far too much already, but apart from the obvious holiday stuff, this is what I'm taking this year...

✔ **Pocket dictionary** for the tricky weekly *Telegraph* crosswords I've saved up all year.

✔ **Decaff teabags** as they're so hard to find outside the UK.



✔ **Bose iPod hi-fi**, £349 – all my fave songs at a touch while chilling by the pool.



✔ **Bobbi Brown Sun Oil**, £17.50, it smells rich, feels divine.

✔ **New pack of cards** for late night poker with friends – I love to win even if we're only betting pretzels!



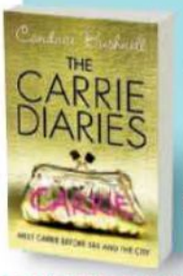
✔ **The White Company** travel votives, £30 for three, – posh, fragrant, gorgeous



✔ **Antihistimine tablets** taken with vitamins A&D, so no prickly heat however hot.



✔ **iPhone app Navmii France**, £2.99, brilliant sat-nav directions and speed camera warnings!



✔ ***The Carrie Diaries*** – by Candace Bushnell. My favourite heroine and me on a sun-lounger – fab.



WE'RE THE BEST VALUE!

Your perfect summer mood booster

If you want to feel uplifted, inspired, happier, more confident, more fabulous and brimming with brilliant tips and ideas then what you need is a subscription to *essentials*. I kid you not! Every month you can feel all that and more without leaving your house, because it's delivered to your door for the amazing price of £18. Why not treat yourself or make a friend feel special on her birthday? See p88.

Get in touch!

essentials_feedback@ipcmedia.com

www.facebook.com – just type Essentials Magazine in Search button

www.twitter.com/essentials_mag

essentials, Blue Fin Building, 110 Southwark Street, London SE1 0SU

PHOTO: NEIL MACKENZIE MATTHEWS COVER PHOTO: JAMES CAMERON. STYLING: LUCY TURNER. HAIR & MAKE-UP: ASHLEY RIKE USING BENEFIT COSMETICS

essentials August

ON THE COVER

20 Sizzle! Sexy! Shine! 70 best fashion buys under £20

46 Time for you! 60 tips... get that holiday feeling every day

52 21 easy beauty tricks

58 Under £10 holiday beauty treats

65 A flat tum! How to beat the bloat fast

83 'We saved over £1,700!' You share your top money-saving tricks

115 Sanity-savers! Sneaky ways to keep kids happy

137 FREE Summer book worth £6.99



30

Check out all the latest buys – and, yes, you have got room for just one more bag!



14

Soft, slinky and bold... you'll love our luxe looks so much you won't want summer to ever end!



32

Caroline [left] gave her sister-in-law the most precious gift ever... read their heartwarming story



52

Oh, yes, you'll soon be looking beach-babe gorgeous once you've followed our easy guide

Fashion shopping

14 So luxe looks Soft, slinky, hot and bold – the trends you'll feel fab in all summer

20 Plenty under £20 Your guilt-free spree!

27 21 fabulous dresses... smart buys to take all the stress out of what to wear every day

28 Beach chic Yes, you can look glam on your lounger

30 Fashion fixers New trends, new shops!

Real-life

8 All about you Your news, views and ideas

32 My sister-in-law had a baby for me It's the ultimate act of kindness... but what impact would it have on the whole family?

36 Let me make you over Find out what happened when three readers handed over the key to their wardrobes!

40 Our summer party disasters Dream celebrations that turned into nightmares... oh, and raised a few laughs, too!

43 What a way to earn a living! A nurse, teacher and policewoman talk about their jobs in 'the good old days'

46 60 spoil-yourself tips – get that holiday feeling every day and make summer go on and on and...

146 My life's little essentials Award-winning journalist Allison Pearson on what she can't live without

Hair & beauty inspiration

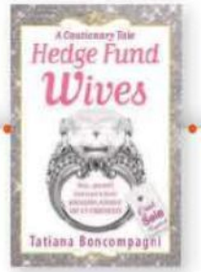
52 Here comes gorgeous you! You WILL look amazing on holiday this year – just follow our guide

56 Hello lovely lashes! Get long, luscious, fluttery ones

58 Holiday beauty treats from less than £1! Our fave minis that will save lots of room in the case – hurrah!

61 Beauty secrets All the new tricks and buys





WIN & SAVE WITH



30 WIN! Designer sunglasses

61 WIN! A fab Palmer's goody bag

80 WIN! Super Black &Decker 4-in-1 sander & electric screwdriver

85 WIN! Brilliant gas BBQ – it's your outdoors kitchen!

120 WIN! Gardening goodies

130 WIN! A £1,000 Wilkinson room make-over

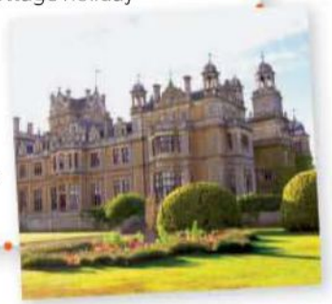
136 WIN! An all-inclusive holiday to Crete for four people

137 FREE! Your summer book, plus money-saving deals

139 SAVE! Join us at Ragdale Hall in November – plus 2011 dates!

140 WIN! Fab prizes: romantic breaks; radiant skincare sets; foodie treats and a cottage holiday

141 WIN! Our lucky crossword winner will be taking a golf and spa break worth £320





46

60 tips to make you feel you're on your hols – every day... yippee!

Your health

62 Contraception: what should you be using? With all the new developments it might be time for you to try something different

65 Quick fix-its – tummy bloating Three experts offer their solutions

66 'I want to give up smoking!' We challenge one reader to stub out her unhealthy habit

69 'I'm dreading going away with my husband' One-to-one with a therapist

71 Health updates All the latest news

Home & food ideas

74 Get a designer garden on a budget One reader transformed an eyesore into four glorious outside spaces – and she didn't spend a fortune

79 Outdoors gets glam! The little touches you need to create a stylish and über-elegant garden

85 Food bites Know-how, best buys and taste test

Consumer know-how

80 Shop smarter... all the best buys and expert help

83 Meet the proud penny-pinchers These readers are gloating over the savings they've been making

Holidays

132 Top 10 islands around Britain Check out some of the most beautiful destinations – and they're all around the UK

In every issue

3 From the Editor **7 Treat yourself** **131 Where to shop** **135 Your sneak preview** **145 Horoscopes**



74

There's no need for garden envy, this look is easy and affordable... better get started now then!



79

Create a show-off garden with a few new stylish buys

32 PAGE MAGAZINE

Make it easy! Inside...



Bet you would love to dive into this – well whip one up and you can! See page 109

TRUST US! Created for you in the essentials kitchen

EASY FOOD FOR SUMMER

92 Delicious dishes made for sharing – mix 'n' match recipes

97 Lazy Sunday lunch with the family... get out of the kitchen fast!

101 Fast family meals in just 15 mins – just right for hot days

107 Divine cheesecake with white chocolate and blackcurrants – yum!

109 How to make proper custard – easier than you think!

113 In season... delicious courgettes

YOUR HOME & FAMILY

115 13 sanity-saving ways to keep the kids happy

117 Your no-effort sunny-day tips... brilliant, quick, low-cost

119 Keep your garden in summer bloom with these stylish ideas

121 10 crafty garden tricks in 10 mins

123 Easy updates for your home – it's DIY you really can do!

GIVE THIS TO YOUR NEWSAGENT

Save me a copy of **essentials**

Please reserve me a copy of *essentials* magazine every month, starting with the issue.

First name

Surname

Address

.....

.....

Postcode.....

Tel no.....

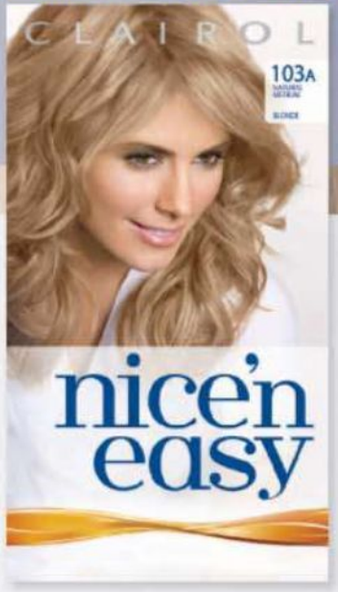
.....

Just ask!

nice'n easy

new

improved formula*



A small change to your hair makes a big change to your head.

Discover what's new about nice'n easy and get the confidence to let your hair down on the dancefloor. Our **new improved formula*** is inspired by the way make-up artists blend **rich tones and contouring highlights** to create a natural look. And with 5 new shades, there's an impressive 50 to choose from; our model's wearing shade 103A. **Now it's even easier to be a shade braver.**

*Across 22 shades: SB1, 87, 89, 102, 102G, 103B, 104, 105G, 106B, 106G, 114A, 114C, 115A, 116A, 117, 118C, 120, 120A, 120C, 121A, 122, 128

Treat yourself!

Going away or staying put? Either way, make your holiday a happy one with these beauties...



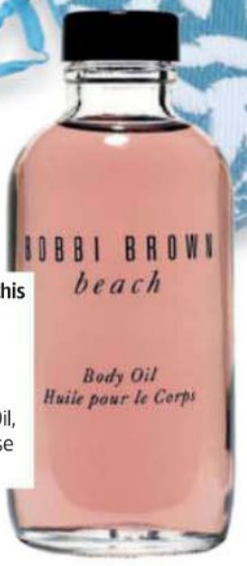
So light, small and easy to use, this won't be a nuisance to cart around with you. Flip Video Ultra Camcorder, £99.99, Amazon.



This rolls up snugly enough to fit in your bag for an impromptu sunbathe! Forage leaf bench mat, £12, John Lewis.



These lip glosses are only diddy, so they're perfect to keep in your clutch bag for touch ups. 10th Anniversary Limited Edition Juicy Tubes, £10 each, Lancôme.



The smell of this alone sings 'hellooooo holidays'! Bobbi Brown Beach Body Oil, £22.50, House of Fraser.



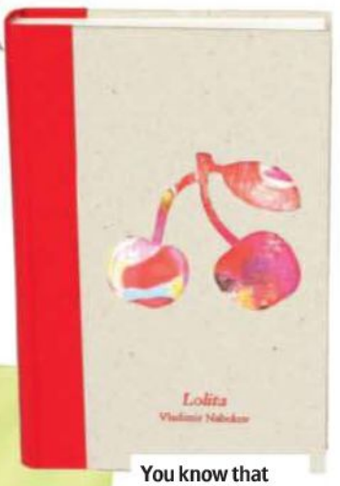
These elegant bejewelled sandals will make even your scruffiest outfit look beautifully polished. Gold Florida sandals, £28, Monsoon.



Just the swish of a shawl on bare skin gives us that holiday feeling. Organza Fairy Shawl, £40, Phase Eight.



Turn up at the airport carrying this – and just watch 'em stare! Le Pliage fold-up tote bag in Citrine, £54, Longchamp.



You know that classic you've always planned to read, but never had the time to? Well, now's your chance! Weidenfeld & Nicolson 60th Anniversary Classics, £12.99 each, Waterstones.



Proof that a playsuit doesn't have to terrify the living daylights out of you! Floral playsuit, £20, Next.



Make your suitcase stand out from the crowd with this quirky luggage tag. Cupcake luggage tag, £8.50, Bombay Duck.

For stockists, see page 131

FEATURE: FIONA GALLEY.

All about you... these pages are for



'We're best of friends – best of sisters'

THE STORY OF US

Sisters Katie Cooper (right), 47, and Amanda Mylles, 46, live minutes from each other in London. Katie, a nursery school teacher, is married to Simon and they have a daughter, Lucy, 11. Amanda is an office manager and is married to Ed. They have four children; George, 16, Harry, 15, Ellie 12, Scarlett, 6.

Katie We shared a bedroom until I was 16 and Amanda was 14. Down the middle of the room was an invisible line neither of us crossed. That just about sums up our relationship – that and the shower incident.

Amanda Oh yes. When I was 17, I was on my way out and popped into the bathroom to check my make-up. Katie was having a bath and looked up and commented on a tidemark round my chin. I was so furious, I got hold of the plastic shower handle and smacked her with it!

Katie Amanda never normally apologised for anything she did, but she sent me a note later saying she was sorry she had hit me. I've still got it.

Amanda I'm afraid it's all true. I was vile to her.

Katie But I was dreadful, too. Mum and Dad banned Saturday morning TV, so I decided I'd spend the time in the library doing my homework! I mean, what a creep!

Katie After Amanda met and married Ed and had her son, George, she used to bring him round to see me on a Sunday.

Amanda That's when things really changed for us; Katie was so good with George and loved him so much.

Katie Those Sundays were a highlight – otherwise I'd have just sat in my dressing gown watching *EastEnders*.

Amanda I was thrilled when Katie was expecting Lucy.

Katie She wrote a note for me to give the midwife. It said: 'Katie Cooper would like the following: pethidine, gas and air, an epidural. I trust you have all of the above in stock.'

Amanda We are so close now – our whole family is – but it's Katie who is there for me, always. I can rely on her for anything.

Katie I can be myself with Amanda – it's such a relief.

FEATURE: FIONA GALLEY & NIKKI MASON. PHOTOS: HELEN MARSDEN. STYLIST: LINDSEY BAKER ASSISTED BY OLIVIA STODDART. HAIR & MAKE-UP: LAURENCE CLOSE & CHARLOTTE FOSTER-BROWN. AMANDA WEARS: DRESS, MARKS & SPENCER; NECKLACE, PRIMARK. KATIE WEARS: TUNIC, MONSOON; EARRINGS, ACCESSORIZE.

WIN with essentials We pay £30 for every STAR LETTER ★ we publish, so get in touch today at All About You, *essentials* – see page 3

You wouldn't know it but I'm good at...

STAR LETTER ★



...recognising South African wines blind. They have something of the dead zebra about them!
Judy Hebbert, 55, Addingham, West Yorkshire

...cricket. I was sick of losing my husband to a local men's side, so I decided to join a ladies' cricket team. I took three wickets in my first game!
Diana Harrison, 43, Leicester



...reading maps. My husband says he'll never need a SatNav when he's got me.
Hollie Ellis, 35, north London

Relationship rules

How do you make yours work?

- Don't let him do things unsupervised. Otherwise things will never get done the way you want them.
- Never let him choose his own clothes, men just can't dress themselves.
- Never let your man take up all of your time. If I don't get my own space I feel like he's getting under my feet. And skin. And not in a good way, either!

Donna Ford, 48, Halifax



I NEED IT NOW!

'I need a groom. I'm hoping to get married for the first time. I've planned the service and the reception — I'm just short of the man!'
Melissa Lawrence, 51, Leicester



STAR LETTER ★

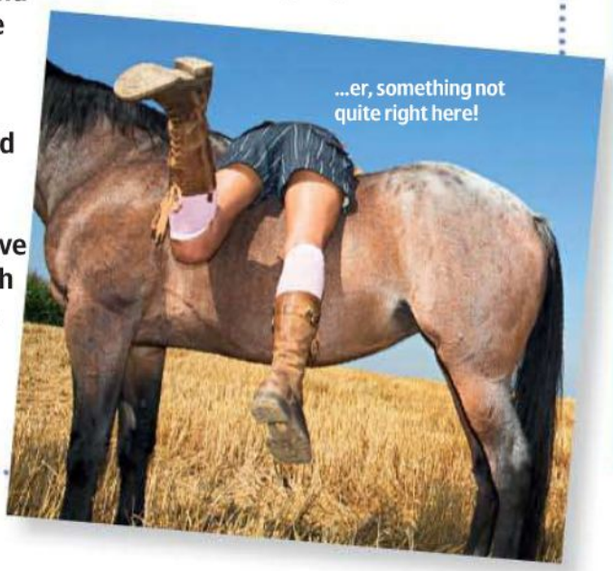
What I want to do before I'm... 40

Sarah Barlow, 38, Welford

✓ GO TO A MUSIC FESTIVAL
I was very envious when my daughter set off for Glastonbury last year with her friends. I've never done anything like that. I worry now that I'm past it and not even my wellies would be trendy enough...

✓ EAT LOBSTER
I've heard it's delicious and I'd love to try it but it seems so decadent. I feel I'd have to dress up just to give it a go. I've tried mock lobster, made with cod, but apparently it comes nowhere close.

✓ GET BACK ON A HORSE
I used to ride when I was in my teens but after my head had a nasty encounter with the ground, I gave up. I'd love to try again but I'd need to start off with something pretty small, like a Shetland pony!



...er, something not quite right here!

What have you been saying on FACEBOOK?

Sign up to Facebook and join in the conversation at *essentials* magazine. You get a tip of the day and can ask us anything you like, too!

We asked, 'Are you ever too old to have a celeb crush? Who's yours?'

Debbie I've got two! Hmmm, mine is David Beckham. Or John Travolta! Dream baby!
Susan Paul Weller and Danny Dyer.
Jennifer Richard Armitage is my number one free pass.
Ilka Jeff Goldblum and Jeremy Irons (both are getting on a bit now, but so am I!)
Katie I'm ashamed to say I still have crushes all the time! *Twilight*'s R Patz is my current fave and I'd have posters on my walls if my husband would let me!

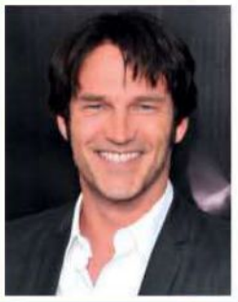


Beckham sure gets our pulses racing!

Are you on Twitter? Follow us at http://twitter.com/essentials_mag for exclusive vids, tips, sneaky pics and funny links!

All about you...

Why I love... Stephen Moyer



'I've been watching *True Blood* since it first started and I love it – especially Stephen Moyer. Is it wrong to wish you were married to a vampire?'
Margaret Lee, Ruskington, Lincs

Only slightly, Margaret! But we love him, too, and the programme – and thankfully it's back on Channel 4 at the end of the month. Here's what else you need to know about Stephen and this tasty vampire show...



- Stephen Moyer, 40, is British (hurray!) and engaged to co-star Anna Paquin (boo!).
- His character, Compton, became a vampire in 1865, aged 30, making him 175 years old – staying out of the sun's worked wonders for him!
- There's merchandise madness on the back of the show – try Tru:Blood the drink, with a tart taste of blood orange, or a leather bracelet with a silver fang clasp.
- He has two children from two different relationships; a son called Billy and a daughter, Lilac.
- He once lived in a purple houseboat on a London canal.
- This is the second time Stephen's played a vampire. In 1988 he starred in the series *Ultraviolet* but didn't have to wear fake fangs because his own teeth are unusually pointy!

Girls' get-together

Michelle Spirou, 41, and her four best friends – collectively the Fab Five – enjoy days out with a literary theme.

We all love reading, especially historical novelist Philippa Gregory, so we've used the big locations in her books as destinations for our days out.

We've been to Hampton Court, the Tower of London and Hever Castle – our last outing, where we took the picture on the right. Our trip there didn't start too well as we got off the train a stop too early. Luckily, some helpful builders took us the last leg in the back of their van.

At the castle we headed to the rose garden where we sat and drank Champagne to recover!


Michelle (second from right) and the girls on their Hever Castle trip...


...she's behind the camera on their Hampton Court outing.

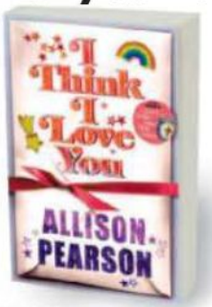
Michelle and her friends have another excuse for a get-together as they've won 2 cases of Andrew Peace Masterpeace Rosé. It's packed full of big, gorgeous, fruity flavours making it a refreshing, easy-drinking wine, perfect on its own and a great match with light savoury dishes in the sunshine. £5.99, from Co-op. Find out more about Andrew Peace wines at apwines.co.uk.



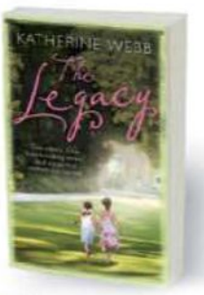
New novels... ...that you've read & reviewed



- Family Ties *by Danielle Steel (£14.99, Bantam Press)*
What? Forty-something single mum finds love again.
Plot? Budding architect Annie becomes mum to her sister's three orphaned children.
In a nutshell? Life doesn't always go to plan.
Why read it? It's classic Danielle Steel: you know exactly how it ends, but getting there is quite nice.
Reviewed by: Julia Hodge, Kent.



- I Think I Love You *by Allison Pearson (£12.99, Chatto & Windus)*
What? Judy Blume-esque tale of two 13-year-olds infatuated with David Cassidy.
Plot? Petra and Sharon dream of meeting David Cassidy. Years later, could it be coming true?
In a nutshell? The rocky road of love, life and friendship.
Why read it? It'll resonate with any woman who sighed over their heartthrob.
Reviewed by: Alison Goodchild, Blackburn.
Read Allison Pearson's 'life's little essentials', page 146.



- The Legacy *by Katherine Webb (£10.99, Orion)*
What? Two sisters uncover a mysterious family history.
Plot? Sisters Beth and Erica return to the manor house where they spent their summer holidays. Sorting through their dead grandmother's belongings, Pandora's Box is opened...
In a nutshell? Big scary house reveals family secrets.
Why read it? To titillate your Miss Marple streak.
Reviewed by: Toni Freeman, via email.

How we met!

Debbie and Norman Pennington, both 53, from Worthing, West Sussex, met on a blind date when they were 16. They've been married for 35 years and have two children and four grandchildren!

Debbie says:



Norman and Debbie – still smiling after 35 years of marriage.

'It was 1972. I was a T-Rex fan and had just left school and started a hairdressing apprenticeship. One night, my friend phoned to say she had a date with a guy called Stuart and he had a twin brother, so would I like to go too? I didn't want to really because I was so young and hadn't really had a proper boyfriend, but I agreed as a favour to her. When we walked into the pub I saw the two boys: one was a little bit taller than the other and had a twinkle in his eye. There was something about him that made me think: I hope that's Norman – it was! We chatted about Diana Ross, and played darts and he asked me if I'd meet him in a café the next week. I did.'

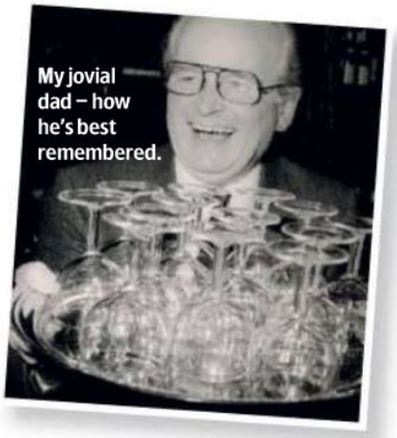
Norman says:

'I was 16 and my main concern in those days was stretching my meagre wage packet to pay for my ticket to the Chelsea home games. So when Stuart asked me if I would go on a double date I wasn't sure, but he eventually persuaded me. I liked Debbie from the off – she was easy to talk to and looked good in her '70s clobber. I was surprised anything came out of that night – it didn't work out for Stuart and his date – and although we've had our share of struggles, here we are 37 years later, soulmates. So thanks, Bruv!'

IS YOUR BUM ON FIRE? A recent survey revealed the average woman tells a whopping 728 lies a year! We'd just like to say we never lie – and yes we love your bald patch and of course we find your hairy back sexy... If, on the other hand, you have told a porkie – tell us all about it.

STAR LETTER ★

The picture I'll never throw away


My jovial dad – how he's best remembered.

This is my lovely dad, Jim, who died last year aged 86. Here he is in full celebratory mode – how he's best, and most fondly remembered. He was the convivial host with the most, always having a giggle and looking after everyone. This occasion was a work do and shows that he didn't need family and friends to be like this, he was like it all the time. My stepmum, Pam adores this photo, too – it is Dad.

Liz Chalk, 48, Lewes

Nice things to do this month :)

Big-screen treats



Go with the girls to see **The Rebound**, right, (out 23 July), a rom-com with Catherine Zeta-Jones falling for a younger man. If you live in a house full of boys, you may have to go to the remake of **The A-Team** (out 30 July), but it's not all bad news – Bradley Cooper is Faceman, and the original Faceman, Dirk Benedict, pops up, too.



Fairytale picnic

The kids might not be overly thrilled at the idea of going to the London theatre in the hols – but tell them there's a picnic, it's outside and it's about fairytales. **The Open Air Theatre** in London's Regent's Park (openairtheatre.com) is showing **Into the Woods**, a darkish take on all your fave fairytales.

Get your (disco) skates on...

...the retro roller disco is back! So much safer than ice-skating (the only time you can wear leg warmers without being laughed at). Try **Highlight** in Leeds (skatefever.co.uk); in Liverpool check out **superfunkrollerdisco.com** for sessions at the Guild of Students, plus there's **Roller Disco** at London's O2 (theo2.co.uk).



Next... a helping hand!

Torn between redecorating and your sun lounger? Why not get expert design consultants from Next Home to give you some tips? For £25 they'll come and look at two rooms – refundable against purchases of £1,000 or more. Call 0844 844 8939 for participating stores.



Celeb-fest weepie

Book a slot for the unashamedly corny **Valentine's Day,** starring more famous faces that you can shake a stick at. When it's out on DVD 12 July, you can play spot the non-famous person – it'll be harder than you think!

ALL CONTRIBUTIONS TO *ESSENTIALS* MUST BE ORIGINAL & NOT DUPLICATED TO OTHER PUBLICATIONS. THE EDITOR RESERVES THE RIGHT TO SHORTEN OR MODIFY ANY LETTER OR MATERIAL SUBMITTED. IPC MEDIA & ITS ASSOCIATED COMPANIES RESERVE THE RIGHT TO REUSE ANY SUBMISSION SENT TO *ESSENTIALS* MAGAZINE IN ANY FORMAT OR MEDIUM.



*EPOS data units from 30/01 – 20/03

NEW

Britain's No1 eye care product.*
Dark circles? What dark circles?



GARNIER

CAFFEINE ANTI-DARK CIRCLES

2-IN-1 TINTED ROLL-ON



NEW

Double-action formula:

1. Moisturising eye care and a cooling roller ball **refreshes and hydrates** tired-looking eyes.
2. Mineral pigments **cover dark circles** in a flash. Flawless, natural-looking coverage, long-lasting wear.

www.garnier.co.uk

Take care.
GARNIER



Go graphic in black & white

We love the monochrome look and this zebra-print tunic is the smartest way to work it this season. Wear it on its own – if your legs are up to an airing – or layer over leggings or skinny trousers.

Tunic, £28, 6-22, Next.
Belt, £12, New Look.
Leggings, £9.50, M&S.
Bangle, £12, Wallis.
Clutch, £19.50, Portfolio at M&S.
Sandals, £8, 3-8, George at Asda.

So Luxe Looks

Soft, slinky fabrics, hot colours and bold patterns all rolled into one! It's the easy-to-wear look that makes you feel sexy and look effortlessly glamorous



Think touchy, feely fabrics

Look for rich colours and tactile fabrics and give them a tribal twist with statement accessories. These silk trousers are the perfect new replacement for last year's linen pair – and will keep you cool when temperatures soar.

Trousers, £55, 8–18, Laura Ashley.
Top, £33, xs–l, Benetton.
Necklace, £18, Wallis.
Ring, £2, Primark.
Sandals, £12, 3–8, Matalan.



Sexy up your jeans

A tribal top and some funky accessories is an easy way to update your jeans – this studded vest looks great on its own with a tan or worn under a boyfriend jacket on cooler days.

Top, £28, 8-16, New Look.
Hat, £12, M&Co.
Beads, £14, Daisy & Eve at Evans.
Jeans, £20, 8-24, Very.
Cuff, £40, Majique Jewellery.



Grab a slinky maxi

We love this dress, the print is vibrant without being OTT and the silky fabric means it skims without clinging. Dress it up for evenings with wedges and a wrap or wear it with flip-flops and a tan on holiday.

Dress, £65, 10-18, M&Co.
Necklaces: £20, Fat Face; £15, M&S.
Clutch, £15, Wallis.
Sandals, £18, 3-9, Very.

Unleash your wild side!

Worried that the latest animal prints might look a bit tarty? They won't if you choose them carefully! Steer clear of clingy and stretchy fabrics and wear your wild buys with funky flats rather than party heels.

Dress, £60, 8–16, Wallis.
Bangles, £8 and £6, both New Look.
Sandals, £30, 2½–10, Next.



For stockists, see page 131

FEATURE: LUCY TURNER & LINDSEY BAKER. PHOTOS: JAMES CAMERON. HAIR & MAKE-UP: ASHLEY RIKE USING BENEFIT COSMETICS

L'ORÉAL PARIS

Our 1st hair colour with Pro-Keratin. Helps protect hair & rejuvenate colour.

EXCELLENCE Crème

Enriched with Pro-Keratin

Up to 100% GREY COVERAGE

Conditioning formula helps protect and replenish hair for sensational colour.



Because you're worth it

L'ORÉAL PARIS

@ Find out more
www.lorealexcellence.co.uk

Andie's hair is styled with some natural hair extensions and coloured with shade 5.3 Golden Brown.



Cool, simply stylish and nothing over twenty quid – how can you go wrong?
Top, £16, 8–22, Tesco.
Trousers, £12, 8–18, Peacocks.
Bag, £19.99, Tesco.
Bangles, £7 each, Accessorize.
Sandals, £12, 3–8, Primark.

£14
Tummy? What tummy?
Top, 8–18, Peacocks.

£18
Flowers, beads, butterflies... it's got the lot!
Necklace, Accessorize.

PLENTY

£12
If you've not got quite the right necklace, a scarf makes a great alternative.
Scarf, Bhs.

£16
Tropical prints = instant sunshine!
Dress, 6–16, A|Wear.

Amazing value!

£15
Yes, they're high, but perfect for a sitting down do!
Shoes, 3–8, George at Asda.

£12
Comes in black and green, too!
Cocktail ring, ikandi4u.com.

£7
So flattering – and only £7!
Shorts, 10-18, Primark.

£18
The new pegged style and cool linen-mix – these fit the bill a treat.
Trousers, 8-22, Tu at Sainsbury's.

£19
Luxe style, bargain price!
Top, 8-14, Apricot.

£10
Perfect for pear shapes.
Swimsuit, 8-22, F&F at Tesco.

£12
Now you must get a pedi!
Sandals, 3-8, Matalan.

£12.50
Designer double.
Sunglasses, Next.

UNDER £20!

We love a guilt-free fashion-fix and there are plenty of tempting bargain buys here!

£9.50
Dip dye is back!
Top, 8-16, Marks & Spencer.

£5
Funky feathers!
Earrings, £5, Matalan.

£10
Fab with jeans
Top, 8-18, Peacocks.

£6
Layer over leggings.
Dress, 8-20, Matalan.

£5
Try a stylish trilby instead of your usual floppy sun hat.
Hat, F&F at Tesco.

£15
Red, silver, gold – all the colours to make this your go-with-everything bag.
Clutch, £15, Debenhams.

£16.90
So comfy – and it doesn't matter if your feet aren't in tip-top condition!
Wedges, 3-7, Bonprix.


£16
Wear with skirts, jeans, shorts, well just about everything – we all need one of these!
Top, 10-22, Bonmarché.
£12
Catwalk copy cat.
Bag, Matalan.
£8
Elegant and lightweight.
Scarf, £8, Jane Norman.
£6.90
No mascara needed!
Sunglasses, Bonprix.
£12
Figure-fixing frills.
Top, 8-22, Tu at Sainsbury's.
Fashion ed's fave!
£14
Great colour, flattering style.
Swimsuit, 8-22, Tu at Sainsbury's.
£16
The perfect sightseeing dress – no strap marks guaranteed!
Dress, 8-24, George at Asda.
£4
Big is best!
Ring, £4, George at Asda.
£14
Be brave with colour.
Trousers, 12-24, Bonmarché.
£19.50
Looks fab with a simple dress.
Cuff, Marks & Spencer.
£8
Just right for all your essentials.
Bag, Matalan.
£15
Clogs are back!
Clogs, 3-8, George at Asda.
£12
Create a waist in a flash.
Belt, Evans.



£4
Race you to the till for this lovely?
Necklace, Primark.



£12
No more bad hair days!
Hat, Jane Norman.



£6
So bright, you'll be all set to dazzle in this!
Top, 6–20, George at Asda.



£15
Flash those pins!
Shorts, 10–16, A|Wear.



£8
Gorgeous – and comfy, too!
Sandals, 3–8, George at Asda.





Chuck this fab cotton dress on over your bikini – perfect for doing the ice cream run in!
Dress, £16, 8–18, George at Asda.
Sunglasses, £2, Primark.
Bangles, £8 a set, Accessorize.
Sandals, £16, 3–8, New Look.



£12
Comfy and glam – we love 'em!
Sandals, 3-8, Bonmarché.



£8
Chuck one of these in your trolley!
Necklace, George at Asda.



£18
Put your hair up (if it's long) and show off the bow.
Dress, 8-18, Be Beau at Matalan.





£7.98
Good legs? Show them off!
Skirt, 10-16, Heatons.





£12
Work the safari trend.
Tunic, 8-18, George at Asda.

We love this chic shorts suit, but if your legs aren't ready for an airing the jacket would look fab with a pretty dress or jeans.
Jacket, £18, 8-24;
shorts, £10, 8-18, both F&F at Tesco.
T-shirt, £4, 6-28, Next.
Earrings, £12, Accessorize.
Clutch, £7, F&F at Tesco.



£10
Love the colour – love the price!
Sunglasses, Marks & Spencer.



£18
Big, glam and fabulous!
Bag, Marks & Spencer.



£19
Bye-bye bingo wings!
Top, 10-22, Bonmarché.



£4.90
Chic with a white shirt.
Belt, Bonprix.

bargain updates



Looks so designer!

£10
Brighten up your black.
Bangle, Next.

£12
The easy way to try tribal.
Scarf, Evans.

£12
Perfect with summer brights.
Bag, Peacocks.

£14
Designer style for £14? Yes please!
Swimsuit, xx-xx, Matalan.

This peacock print kaftan would look as good on the beach as it would with a pair of slouchy trousers at home – and it's only £16!
Kaftan, 8-20, Matalan.
Ring, £8, Accessorize.

£12
Just add a T and fab flip-flops.
Trousers, 8-24, George at Asda.

£10
The perfect way to do nude!
Clutch, F&F at Tesco.

£13
Pat Butcher would love 'em – and so do we!
Earrings, Littlewoods.

£10
They cost how much?
Wedges, 3-8, Bonmarché.

£10
So glam!
Ring, Evans.

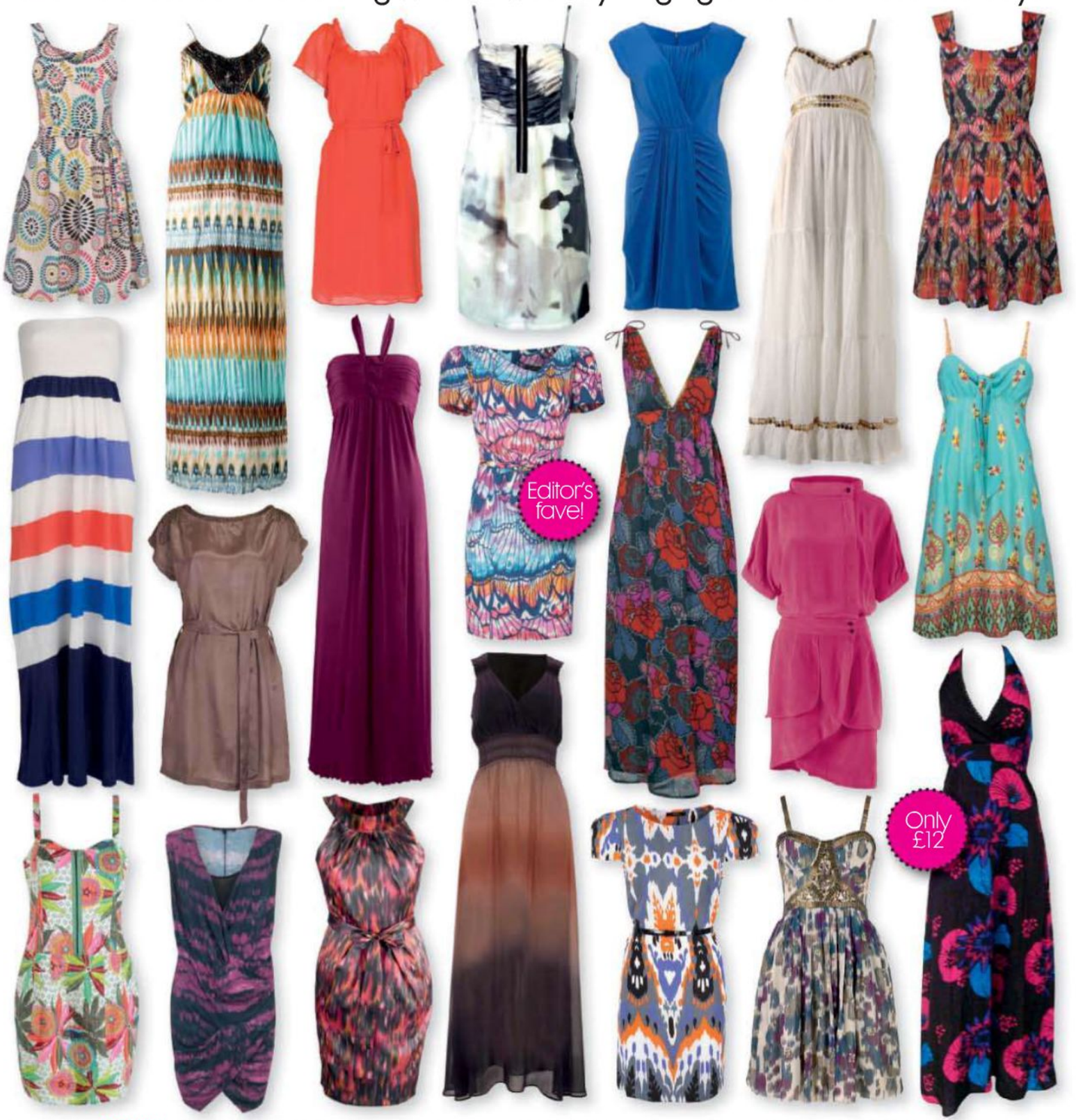
FEATURE: LUCY TURNER & LINDSEY BAKER. PHOTOS: JAMES CAMERON. HAIR & MAKE-UP: PAOLA FERRARI

For stockists, see page 131


NEW
STYLE A NEW YOU EVERY DAY.
With wellaflex SILVIKRIN Heat Creations.
The new formula from the Wella experts ensures you get the best out of heat styling tools while protecting your hair.
WELLA
wellaflex
SILVIKRIN
HEAT CREATIONS
WELLA

21 fabulous dresses...

Take the stress out of deciding what to wear by flinging on one of these fab buys



From left to right **Top row** ◆ Go graphic, £16, 8-22, TU at Sainsbury's. ◆ Jumbo gems, £24.99, 8-18, Internacionale. ◆ Floaty and feminine, £35, 12-32, Marisota. ◆ Paint splash, £18, s-xl, Very. ◆ Cobalt blue, £45, 8-20, M&Co. ◆ Grecian goddess, £19.99, 8-18, Internacionale. ◆ Aztec print, £32, 6-22, Dorothy Perkins. **Middle row** ◆ Colour-block, £24.99, 6-18, River Island. ◆ Coffee shimmer, £28, 10-22, Bhs. ◆ Simply chic, £14, 8-20, Matalan. ◆ Beautiful butterflies, £50, 8-22, Next. ◆ Flower power, £45, s-xl, Accessorize. ◆ Pretty in pink, £24, 8-18, Littlewoods. ◆ Taste of India, £18, 8-22, TU at Sainsbury's. **Bottom row** ◆ Hot tropics, £16, 8-20, Matalan. ◆ Hippy-chic, £39.50, 10-20, M&S. ◆ Sexy satin, £20, 8-18, F&F at Tesco. ◆ Dip-dye, £45, 8-20, M&Co. ◆ Tribal glamour, £16, 8-24, George at Asda. ◆ Boho beauty, £50, 8-18, New Look. ◆ Funky flowers, £12, 10-20, QS.

For stockists, see page 131 FEATURE: LINDSEY BAKER

Beach chic

No excuses, girls – here's how to get lots of fashion points and look gorgeously glam (and comfy) on holiday

Fun & frivolous

Clash zingy orange and hot pink – just add a naughty mango martini!

Sunglasses, £15, Red Herring at Debenhams.

Jessica Custom **Nail Colour** in Eyes Wide Open, £8.95.

Bag, £19.50, M&S.

Bikini top, £19.50, 8-18; briefs, £12, 8-18, Marks & Spencer.

Kaftan, £12, xs-xl, George at Asda.

Sandals, £15, 3-8, Very.

Low-key luxe

Sexy metallics, sleek black and animal print – you'll ooze the jet-set vibe.

Hat, £10, Debenhams.

Kaftan, £10, s/m & l/xl, Bonmarché.

Max Factor **Max Effect Mini Nail Polish** in Bronze, £3.49.

Bag, £35, M&S.

Swimsuit, £30, 10-22, Bhs.

Sandals, £32, 2½-7, Freemans.

Riviera style

Think St Tropez with retro styling... oh, and a super-yacht, of course!

Bikini top, £15, 8-16, bottoms, £10, 8-16, Therapy at House of Fraser.

Sunglasses, £12, H! by Henry Holland at Debenhams.

Bag, £12, TU at Sainsbury's.

Sandals, £49.99, 3-7, Schuh.

Dress, £38, 8-16, People Tree.

Gosh **Nail Polish** in Lambada, £5.

Simply elegant

Mix rich shades of pink and plum for that high-glam Palm Beach look.

Sunglasses, £12, Therapy at House of Fraser.

Kaftan, £12, 8-24, Very.

Swimsuit, £12, 8-20, Matalan.

Champneys **Nail Polish** in Pink, £5.

Bag, £10, Matalan.

Sandals, £49.50, 3-8, Colourfulfashion.com.

For stockists, see page 131

FEATURE: LINDSEY BAKER

Our British strawberries go from farm to store in 48 hours.



www.tesco.com/food

TESCO

Subject to availability. Selected UK stores. Timings may on occasion vary due to unforeseen circumstances/events. Timings exclude Northern Ireland, Scotland and The Isle of Man.

Fashion fixers



Style Director Lucy Turner has all the news from the high street and online

Glam glasses? Yes please!

I recently bought some fab glasses from glassesdirect.com and got really good customer service, plus I got a second pair free! Take a look at the huge selection online – including some seriously bargainous designer sunnies from brands like Chloe and Marc Jacobs!



win with essentials We've got two pairs of Marc Jacobs sunglasses, worth £119 each, to give away. Fancy a pair? Go to page 131 and tick ESSTREAT1 06 – you can enter by phone and text, too.

Should you be wearing... printed harems?

If you want to try this catwalk trend hitting the high street...

- The perfect length should hit your ankle bone – and go for neutrals or graphic prints.
- Wear simple tops tucked in – you can always add a blazer.
- Wear them with heels – chunky, strappy versions work best.
- Look for flat-fronted or pegged styles that sit flat against your tummy.



Harem trousers, £35, 8-16, Limited Collection at Wallis.

BARGAIN ALERT!

For end-of-lines from stores like Office, House of Fraser and Kookai visit ebay.co.uk/outlet – you can get bargains with up to 70% off! Best of all everything is sold at fixed prices so there's no chance of any last-minute outbidding!

3 metallic buys to glam up jeans



1 **Cuff**, £12.50, Dorothy Perkins.

2 **Top**, £49, 10-16, Mint Velvet.

3 **Pumps**, £28, 2½-10, Next.

Make mine a maxi!



I love maxi dresses (my mini skirt days are sadly behind me!) and this fab jersey version is top of my shopping list this month. It will be great on holiday with a pair of gladiator sandals and I'll be layering it up at home with a funky scarf and cropped denim jacket. It comes in green, purple and grey, too – would it be wrong to buy all four?

Maxi dress, £18, 6-18; **sandals**, £25; 3-8, Dorothy Perkins.



Dress, £42, 8-14; Oliver Bonas.

Snap one up like Sophie!



Sophie Ellis Bextor was spotted buying one of these pretty rose print dresses at Oliver Bonas. Fancy getting your hands on one? Click on oliverbonas.com.

SHOP OF THE MONTH

We love A|Wear!

If you haven't clicked on to awear.com yet you'd better hurry... before we buy up the lot! It's crammed with fab buys – like this bag for just £16! – and there's new stock online three times a week. If you spend over £100 delivery is free.



For stockists, see page 131

PHOTO: REX FEATURES; CATWALKING.COM

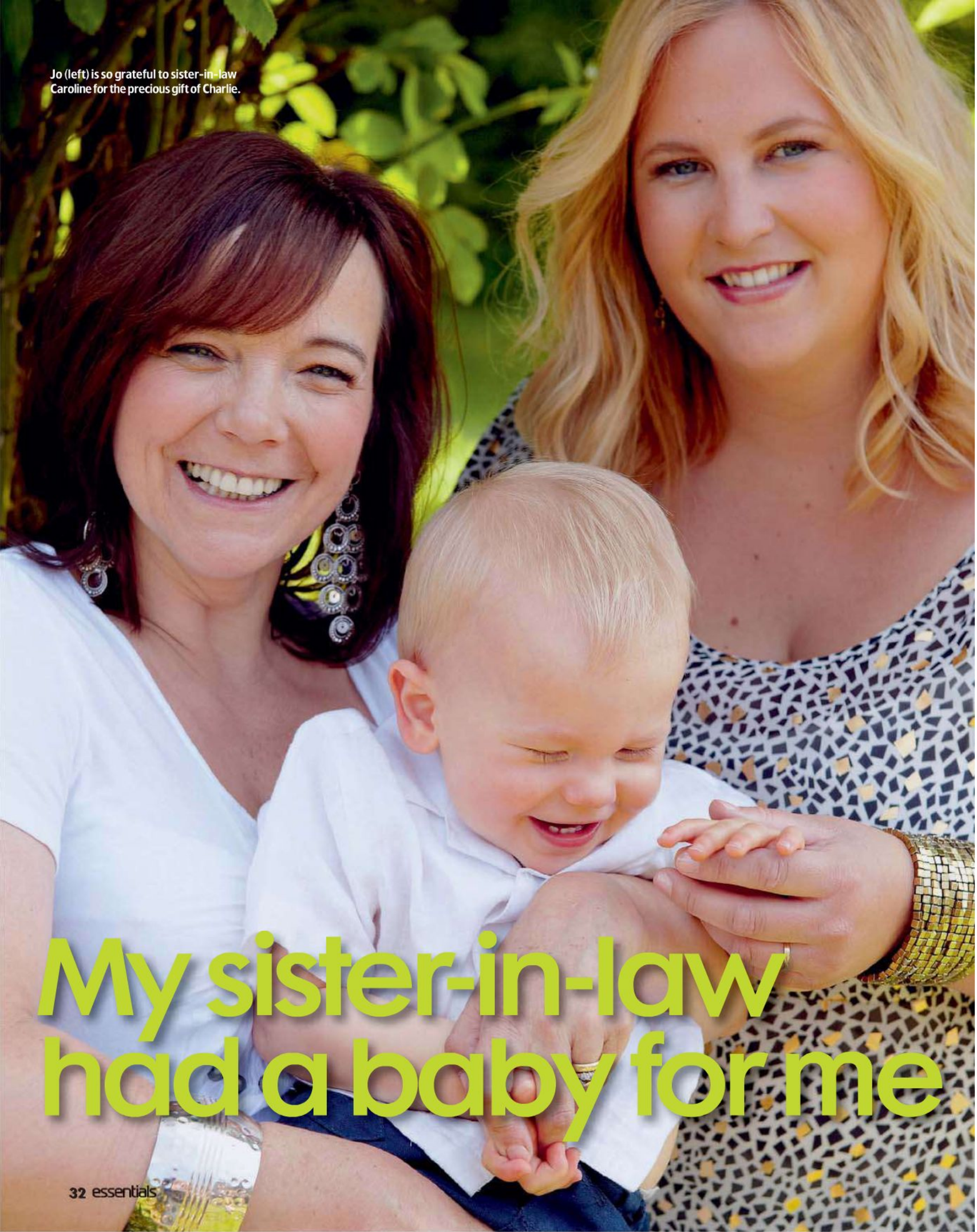
We've removed artificial colours, flavours and hydrogenated fats from all our products.



www.tesco.com/food

Applies to all Tesco food brand products.

TESCO



Jo (left) is so grateful to sister-in-law Caroline for the precious gift of Charlie.

My sister-in-law had a baby for me

Jo Coombe struggled for years to have a baby. Then her sister-in-law, Caroline Jones, made her an offer that would change her life for ever. Here, both women share their journey...

Jo's story

Jo Coombe, 43, lives with her husband Paul, 43, a digital architect, and their 17-month-old son, Charlie, in Godstone, Surrey.

Paul and I had been trying for a baby for 12 years, but after too many failed attempts at IVF and an ectopic pregnancy, we were beginning to give up hope of ever becoming parents. My brother David and his partner Caroline were busy building their family, and when they broke the news five years ago that they were expecting their second child, I was happy for them, of course, but felt jealous, too. I couldn't help but think: 'Why them and not me?'

Because I have MS, our application to adopt was turned down so, as far as I was concerned, IVF was our only hope. I became pregnant with twins, but just as their daughter, Jessica, was born, I lost them. This time, the pain of being left childless again was almost too much to bear, but Paul made sure we got through it together.

'When I held him, it felt like all my Christmases had come at once'

When Jessica was a few months old, Caroline and David phoned to say they needed to talk to us. We assumed they wanted us to be godparents again, but when they came round and Caroline sat down and told us she wanted to be a surrogate, we were dumbfounded.

They didn't stay very long, leaving Paul and I to talk it over. At first, we totally dismissed it; letting somebody else have my child seemed too extreme, and what if it affected our relationship with Caroline and David? Also, what if the pregnancy didn't go well? If she lost a baby, or a scan showed it to be disabled, what would happen then?

Ultimately, our decision boiled down to two things. Firstly, did I want a child enough to let another woman carry it for me? Secondly, if my eggs didn't work, would I be prepared to raise a child whose biological mother was Caroline?

The answer to the first question was: yes, but I wanted to use my eggs. I still had some stored at the IVF clinic and they supported our decision. Caroline was inseminated and became pregnant first time. Sadly, the pregnancy was ectopic and Caroline was rushed to hospital. Because of the seriousness of the situation, Paul and I presumed the surrogacy idea was over, but, incredibly, Caroline said she was eager to try again, this time using her eggs. Did I want to carry on? Yes. Though Caroline would be the biological mother, Paul would be the father, and that would be a big enough connection for me.

We decided to inseminate at home, which meant me taking Paul's sperm round to Caroline's house and waiting downstairs while she inseminated herself using a syringe – not very complicated. We had to repeat the process five times before, finally, Caroline became pregnant!

I spent the next nine months terrified that something was going to happen to the baby. It was as if I couldn't fully accept I was going to be a mum until I held him in my arms. I kept phoning Caroline and offering to help around the house to make sure she didn't push herself too hard. I don't know how she put up with me. I was on edge the whole time, and I wasn't the one carrying the baby!

But it was worth it, and when our son arrived on 30 March 2009 and I held him in my arms for the first time, it felt like all my Christmases had come at once. I kept looking at Caroline to see if she was upset but she wasn't, and when she visited a few days later, it was almost surreal how well she slotted into the auntie role.

Being a parent is idyllic. We keep saying how we don't want him to grow up, but then he does something new and we decide that is our favourite phase.

We'll always be open with Charlie and, as soon as he's old enough, we'll talk to him about how he got here and what his auntie did for us. We've kept pictures and information for him to look through, with the hope that he'll see the lengths we went to in order to make him a part of our family.

I have thought about the day he tells me I'm not his mummy, because I'm sure it will happen, but I'm ready to face that; I've told myself all mums have hurtful rows with their children and survive, and so will I.

Some days, I look at him and see a resemblance to Caroline's son Daniel, and other days, he'll do something that reminds me of Paul, but ultimately he's my child, who I've waited so long to have. The fact that Caroline made him for us is just a part of our journey; now we have to fulfil our roles as parents – and that's more scary than anything we've been through so far!



Happy family: (from left) David, Caroline, Jo and Paul.

Turn the page to read Caroline's story...

Continued from the previous page



Charlie is at the centre of their lives, but Caroline is content to be just Auntie.

Caroline's story

Caroline, 30, a dental nurse, lives with her partner David Webber, 28, and their two children, Daniel, 7, and Jessica, 4, in Edenbridge, Kent.

From the moment our son Daniel was born and I saw how great Jo and Paul were with him, I knew that I wanted to help them. No couple deserves to go through as much heartache as they have, so – without telling them – I began to look into surrogacy.

When I became pregnant with my daughter, I put the idea on hold, but when Jo lost twins at the same time Jessica was born, I knew I had to do something. I spent four years researching surrogacy, because I wanted to make sure I was capable of giving up a child that had grown inside me. David supported me from the beginning.

When it came to telling Jo and Paul what I'd decided, it was like we popped in, dropped a bombshell and left! The next I heard from Jo was when she arrived at my door with a bag full of leaflets, warning me of all the problems with surrogacy; nothing I hadn't read before, though.

We all met for dinner a few days later and I assured them that I hadn't taken the decision lightly. I knew there were risks, but if we didn't try, then Jo and Paul's dream of becoming parents would always remain just that.

So they agreed. We started with Jo's egg and I got pregnant, but the pregnancy was ectopic and I lost a lot of blood. Lying in hospital, I couldn't stop thinking about how I'd failed. I still desperately wanted to give Jo and Paul a family, so I persuaded them to try with my egg and Paul's sperm.

Using my eggs meant that the baby would be mine biologically, but I didn't want another child so knew I wouldn't get attached in that way. David and I spoke about the 'what ifs' and decided that if I felt empty after having the baby, we'd try for another child ourselves. But that was a back-up plan.

Six months later, I was pregnant. Because we'd decided to be as open about the surrogacy as we could, I sat down with my children. Daniel asked if Jo and Paul's baby would be his brother or sister and we explained that, although I was the baby's 'tummy mummy', the baby would be Jo and Paul's.

The pregnancy went well and I started to count down the months before the baby was born. I had moments when it kicked and I'd remind myself that the child growing inside me wouldn't be mine, but then I thought of my two children and how I wanted to get back to being just their mummy again. It meant that instead of feeling attached to the baby, I started to wish away the remaining months until I could finally hand it over.

> 'He wasn't a child that I had and didn't want; he was made specially'

The labour was long and when it was over I didn't hold the baby. I felt so exhausted, I went to sleep. I'd already decided that Jo should be the first person to pick up her child, and when I woke up later I expected to feel a sense of loss or grief, but there was none. It may sound cold-hearted, but I was glad everything could go back to normal. I could have my life back.

When I saw Jo and Paul with Charlie a few days later, it was like I was meeting him for the first time as his auntie. There were similarities between him and Daniel, and that took me aback slightly, but seeing the joy in Jo and Paul's eyes was what I'd been waiting to see for over a decade.

Now that Charlie is toddling, I sometimes look at him and try to picture him in our family, but he just doesn't fit. My kids are brilliant with him, but he has too much of Paul in him for me to see him in any other way than as my nephew.

I'm sure there will be a day when he'll have questions for me, but I feel the preparations I did initially will carry me through. I hope he understands that without Jo and Paul he wouldn't be here. He wasn't a child that I had and didn't want; he was made specially. He is very lucky to have so many people around him who love him so much.

FEATURE: ELIZABETH BARNETT. MAIN PHOTOS: PAUL CAHILL. HAIR & MAKE-UP: JO ADAMS AT TERESA FAIRMINER & ASSOCIATES


PICK YOUR OWN
BLACKCURRANT
STRAWBERRY
Made From British Blackcurrants
Ribena
since 1938
No added sugar
Blackcurrant
Rich in Vitamin C
Made From British Blackcurrants
Ribena
since 1938
Blackcurrant
Rich in Vitamin C
Made From Juicy Strawberries
Ribena
since 1938
Strawberry
Rich in Vitamin C
AND WIN A £1000
JUICY BONUS EVERY DAY
RIBENA is a registered trade mark of the GlaxoSmithKline group of companies.
Entrants must be 18 or over. Closing date is 01.10.10. See special packs or visit ribena.co.uk for details.

‘Let me make you over!’

Do you think you know what suits you best when it comes to your clothes? Well, these readers did – until a partner, best friend and daughter had their say. Here’s what happened when three women turned over the key to their wardrobe to someone else



Barry says: ‘I love Angela whatever she wears, but if I could just get her to show off her fantastic figure and legs...’

‘I’m sick of seeing her in jeans!’



BEFORE

Barry Moores, 47, a joiner-builder, and Angela Wright, 49, an office clerk, have been together since November 2009. Both from Manchester, Barry is father to Liam, 21, and Lauren, 18, and Angela has a daughter, Anna, 20, from her previous relationship.

Barry says

‘When Angela was still married, she was a publican and I noticed her because she was so attractive. But, it’s fair to say, she never noticed me. Then, last November, we got chatting and we soon became an item.

She’s not just beautiful, she’s a wonderful woman, too, and I love the way she looks. But she rarely dresses in anything other than jeans. Don’t get me wrong, I find her incredibly sexy. Whenever we go out she looks amazing and I’m very proud of her. She’s got a great figure and fantastic legs, but she never shows them off.

I do try to look good for Angela – it’s important to make an effort for each other, isn’t it? I’m interested in women’s fashion, but before today I’d never even dreamed of telling her what to wear. I’m slightly nervous that she’ll hate what I pick for her, but if I could just get her out of her jeans...’



'You sure? Perhaps I could slip it on over my jeans... No? Oh, OK.'

'I love it! I could even give Cheryl Cole a run for her money – though perhaps not in these shoes!'

Dress, £49, 10-22, Kaleidoscope. **Earrings**, £10, Accessorize. **Bangle,** £1.50, Primark. **Shoes**, £20, 3-9, New Look.

Angela says

'It's not that I'm afraid of wearing skirts, but I suppose I'm out of the habit. It's just so much easier to put on jeans. It's what every woman does, so I know if I'm wearing them people aren't going to look at me and think, "What *has* she got on?". Also, if you buy a dress, you don't get many occasions to wear it so it seems like a waste of money. You know you'll always wear jeans again.

I care about my appearance and I do want to look good for Barry, though there's only so far I'd go. I've just come out of hospital after an operation for lung cancer that left me with a scar on my back, so I wouldn't want to wear anything that showed that. But, even in hospital, the nurses used to laugh at me for plucking my eyebrows and putting on my lipstick!

I'm not offended that Barry would like me to wear different clothes – I'm actually quite intrigued. I don't have a clue what styles he has in mind, so it's quite interesting to see what he chooses. He's got a bit of a thing for Cheryl Cole, so we'll have to see!'

Well, what do they think?

Barry

'See how great she looks! It's a real improvement on those jeans and the dress shows off her legs perfectly. Now it's my responsibility to take her somewhere hot so she can get a tan to go with it!'

Angela

'Well, even I'm impressed. I love the colours and the style does great things for my figure and bust. But it's the shoes that I can't get over – I wouldn't have chosen them in a month of Sundays, but I love them. It just goes to show, you should never get lazy with your wardrobe!'



Alison (left) says: 'Sarah needs to put herself first, starting with her clothes!'



'Yes, but will it go with my Crocs?'



BEFORE

'Well done, Alison! It just goes to show, you can rely on your best friend for anything!'

Dress, £45, s-xl, Wallis. **Pendant**, £20, **bangles**, £20 each, both Majique. **Jeans**, £29.50, 6-24, Portfolio at M&S. **Shoes**, £30, 3-8, New Look.

'She wears her pyjamas on the school run!'

Alison Phillips-Bates is a retail assistant and best friend to Sarah Saphier, both 43 and from Stockport. Sarah is a hairdresser and fundraiser for cancer charity, the Genesis Appeal. She and husband Shaun have two boys, Joe, 7, and Frankie, 5.

Alison says

'Oh, my goodness! Does Sarah need jazzing up, or what? I love her to death, but she puts everyone else before herself and that means the way she looks comes a definite last.

She has the two boys, she's just set up her own business and does charity work in any spare time she has. She's so busy, she sometimes does the school run in her pyjamas!

I don't think she ever has a thought in her head about what she wears, and though she's a very attractive woman, as long as she's clean and tidy she thinks she's fine. I'd love to get her out of her cardis and drag her into the 21st century.'

Sarah says

'I've known Alison since we were 16 and, I have to admit, there's a lot of truth in what she's saying. This was brought home to me the other day when I wore a dress to a wedding and Frankie said, "Mummy, you look really pretty", as though he'd seen a new side to me.

I never seem to have any time for clothes. I wear my pyjamas on the school run because it saves time, and when I go to work I just pull trousers and a shirt out of the wardrobe. Since all my clothes are plain, they fit together nicely and I'm a bit worried about changing that. Honestly, the most exciting thing I ever wear is stripes!

My biggest worry is that if I buy new clothes, I'll feel uncomfortable. New trends are great, but what's the point if they get in the way of what you have to do? If I could wear pyjamas, Crocs and cardis every day, I think I would.'

Well, what do they think?

Alison

'I've been proved right. Sarah was really scared of this outfit because it has so much colour and pattern, but she looks lovely. I'm determined now to take her out shopping and buy a few new things to spice up her wardrobe.'

Sarah

'I'm surprised I'm even wearing this because when I first saw it I didn't like it, but now I see it on... well, I actually look nice! I'd have walked straight past it in the shop, but I do think it suits me. Maybe I'll let Alison be my personal shopper and we'll see how well she does.'



Jess (left) says: 'I want to prove Mum can wear clothes to match her fun personality.'

'Mum used to be a punk – what happened to her?'

Jess, 16, is the daughter of Nafeica Wafaquani, 41, who is a PA and lives in Salisbury with her partner Robbie. Nafeica has another daughter, Carly, 21.

Jess says

'Mum and I couldn't be closer, but shopping with her is so frustrating. She picks colourful clothes because she likes the look of them, but then gets scared and puts them back. So she ends up with a wardrobe full of black.

The problem is, that doesn't match her personality. She's a loud, fun mum. And I've seen pictures of her when she was young – she was a punk with bright pink hair. I know she'll never go back to those days, but there must be somewhere in between.'

Nafeica says

'When I was younger I wanted to be noticed and look as different as possible, but those days are definitely behind me. In the past few years, I've had an illness, which has meant I've gained over a stone in weight and I can't get used to it. Now when I choose clothes, I pick the ones that will hide me, not make me stand out from the crowd.

In truth, I don't really know who I am any more and that means I don't know what to wear. I want to avoid looking like mutton dressed as lamb, but would wear something brighter if only I could be sure it would suit me.'



BEFORE



'Come on, Mum... You used to love pink!'



'Yes, adding some colour to my wardrobe is the way to go – thanks to my clever daughter!'

Top, £36, 8-20, Wallis. **Earrings**, £20, Majique. **Trousers**, £40, 10-22, Freemans. **Shoes**, £20, 3-8, New Look.

Well, what do they think?

Jess

'Hurray! This style really suits Mum and I'm thrilled that she's happy. These colours are very bright – I didn't think she'd go for it, but it just shows that all she needed was a bit of encouragement.'

Nafeica

'I'm surprised at how good I look, and just how good I feel. I like it because it's not too different, it's still me, but the colours do suit me. It's definitely something I would go out and buy for myself.'

For stockists, see page 131

FEATURE: ANGELA COOKE. PHOTOS: HELEN MARSDEN. HAIR & MAKE-UP LAURENCE CLOSE & CHARLOTTE FOSTER-BROWN



OUR SUMMER PARTY DISASTERS

No matter what kind of dream celebration you plan, there's always a chance it'll end in disaster. Our own are always more than we can bear, but other people's can be really quite funny...

'There were screams and a stampede'

THE OCCASION A house move.
IN ATTENDANCE 20 friends.
THE DREAM A sophisticated cocktail party, taking place in the garden with a hired gazebo.



THE SAD REALITY When I moved into my new flat, I held a summer party in the garden. I even hired a gazebo, and envisaged us sipping our drinks there as the sun slowly set. It was going well until one of my oldest friends demonstrated her pole-dancing skills on one of the gazebo legs. It was very funny, until the gazebo collapsed! There were screams and a stampede back out to the garden. Luckily, no one was hurt. We managed to stand it up again, but I was devastated. People left soon after, and it wasn't even late. Never let your friends pole-dance at your party!

Julia Howe, 40, is a marketing executive, from Maidstone, Kent.

'I was cooking like a madwoman!'

THE OCCASION Parents' ruby wedding anniversary.
IN ATTENDANCE 25 close friends and family.
THE DREAM An organic BBQ in my parents' beautiful garden.



THE SAD REALITY It was my parents' 40th and I wanted to make it special, so took charge of every detail. It was all going swimmingly on the day – the garden looked fab, the pricey meat was clearly going to be a hit and everyone was soon awash with drink. As we came to get the barbecue going, however, Dad sheepishly announced that both the gas canisters were empty! We ended up using a small grill in the kitchen and the microwave. I was cooking like a madwoman for two hours and missed the party! My parents said it went well, though.

Jane Roberts, 39, a housewife, is married to John. They have two daughters and live in Heswall, Wirral.

'I rushed my husband to A&E'

THE OCCASION Annual summer get-together for oldest friends and kids.
IN ATTENDANCE Seven large, noisy families.
THE DREAM A glorious, sun-fuelled family occasion at our house.



THE SAD REALITY On the morning of the party, my husband Mark discovered our septic tank had broken. We panicked at the thought of not having any flushing loos, so he decided to fix it. Big mistake! He fell in the tank, banged his head and came out concussed. I rushed him to A&E, cancelling the party while we there. Most people had already set off, so had to turn round. After a tetanus jab, Mark was fine and we spent the weekend eating as much of the food as we could – all by ourselves.

Ann Pugh, a teacher, 41, and Mark, 42, have two sons and live near Kettering, Northamptonshire.

'I looked like a drowned rat'

THE OCCASION An excuse to celebrate the driest August on record.
IN ATTENDANCE 60 guests.
THE DREAM A garden party with sit-down buffet and marquee for shade.



THE SAD REALITY It was the hottest August ever. So we got our friends round to feast, drink and enjoy the sun. Then, out of nowhere came a torrential downpour. Our guests ran for the marquee, but couldn't all fit in, so a few stragglers had to stand getting drenched, staring in at everyone else. I looked like a drowned rat because I was ferrying the food to the kitchen. We moved inside and the rain didn't stop for hours. I was upset, but everyone had a good time.

Shannon Phillis, 38, an IT consultant, is married to Tim, 37. They have one son and live near Henley, Oxfordshire.

'I could see the dog's dribble on my roast chicken'

THE OCCASION The opening of our new summerhouse.
IN ATTENDANCE Our good friends Brian and Liz.
THE DREAM Drinks in the summerhouse and a friendly roast inside.



THE SAD REALITY My husband Justin and Brian sat drinking in the summerhouse, and when I called them for dinner, they were obviously the worse for wear. I asked Justin to carve the chicken, but as he carried it to the carving dish, he dropped it. Then our dog Dino ran in and clamped his jaws round one of the wings – I could see his dribble on the skin! I yelled, Dino dropped the bird and Justin picked it up saying, 'I'm OK with it if you are?' Incredibly, Brian and Liz said yes! Don't you just love your friends sometimes?

Simone Deans, aged 41, is a housewife. She and Justin, 42, have two boys and live in Redbourn, Hertfordshire.

'They call me the Marlow Poisoner'

THE OCCASION A summer get-together.
IN ATTENDANCE Around 15 close friends.
THE DREAM A BBQ with good food and lots of fun.



THE SAD REALITY The first serving of food went well, but later the guests were hungry again, so I put more food on the BBQ. I was too busy chatting to see my friend Karen help herself to some chicken. In the dark, she hadn't noticed it wasn't cooked and a couple of hours later she was bent over the loo clutching her stomach in agony. I put her to bed and nursed her through the night. I felt dreadful about it. This was years ago, and we've since moved, but I'm still called the Marlow Poisoner!

Anna Thow, 40, an optician, from Farnham, Surrey, is married to Ramsay. They have two children.

'I threw the table upside down and smashed the china'

THE OCCASION Friends and family get-together.
IN ATTENDANCE Four friends and my mum and dad.
THE DREAM An alfresco lunch on the patio, reminiscing about old times and enjoying good food.



THE SAD REALITY My part went well – we had a beautifully dressed table and a delicious starter and main course. My mother was serving her speciality for dessert – crêpes Suzette, which I knew would impress the guests. But after covering the crêpes in brandy and lighting it for the big 'ta-da!' moment, Mum set it down and the paper tablecloth caught fire. She flapped at it with her napkin, sending flames speeding across the table. Everyone threw their drinks at it, and my fiancé Alex ran for water. But my instinct was to flip the table over – don't ask me why! By the time Alex got back, the fire was out, but all the crockery and glasses were smashed. I'll never know whether I saved the day, or wasted my best – and only – 12-piece dinner set.

Christine Chambers, 35, an IT executive, is from Belfast, Northern Ireland.

'We had to find a cheap café'

THE OCCASION My birthday.
IN ATTENDANCE My family, plus my two brothers and older sister and their families.
THE DREAM A picnic in the countryside as a treat for my siblings.



THE SAD REALITY I wanted a meal to celebrate my birthday, but restaurants are dear when you have kids, so I thought I'd make a lovely picnic. I baked cakes, made sandwiches, quiches and sausage rolls, roasted chicken legs – the whole shebang. I told my husband Paul to load the picnic hamper into the car and then we drove to meet everyone in a country park 15 miles away. But when I went to unpack, the boot was empty. Paul had taken out his golf clubs to make room for the hamper, then forgotten to load the damn thing in! We had to find a cheap café. I had a nice birthday after all, and when we got home there was the hamper, still on the drive.

Kathryn Turnham, 41, a solicitor, from Salisbury, Wiltshire. She and Paul have three children.

FEATURE: VICKI GRIMSHAW. PHOTO: CORBIS

Love ice cream again in 60 seconds.





***Introducing NEW Sensodyne Rapid Relief**, the fast acting toothpaste* from Sensodyne. It's clinically proven to provide relief from the pain of sensitive teeth. And it **works in 60 seconds**.* So you're only moments away from really enjoying your favourite foods again. Brush twice daily for long lasting protection.*

SENSODYNE is a registered trade mark.

*When directly applied with fingertip for one minute. Individual results may vary.

What a way to earn a living!

Things may have seemed better when we were young, but what about work? Was your boss like Gene Hunt? Here, a nurse, a teacher and a policewoman talk hospital corners, swapsies and sexist high jinks!



THE NURSE

A senior nurse ordered me to 'go into theatre IMMEDIATELY and ask for a Fallopian tube...'!

Toni Russo, 45, is single and lives in west London. She currently works as a bariatric (weight-loss surgery) nurse for streamline-surgical.com. When she started her nursing career, she trained at Guy's Hospital London in 1984, before going on to specialise in midwifery.



Becoming a nurse was all Toni (above) ever wanted. Here she is giving her first dose of 'medicine' and, in 1984, in her crisp uniform, looking nothing like Hattie Jacques!



I grew up watching *Angels* on TV and always knew I wanted to be a nurse. But there was a sense among my friends that I was 'letting the side down', because for some reason it was deemed a bit lowly. Back then, nurses were seen as being either nymphomaniacs or Hattie Jacques-style battleaxes. But I knew there was more to it.

In the early 80s, the training was fierce and there was a distinct pecking order. As a student nurse, you got all the worst jobs – cleaning out the sluice (the most hated chore of all!), folding everything in the linen cupboard, perfecting 'hospital corners'.

Formality was everything. I once carried a cup across the ward and was given a severe telling-off because it wasn't on a tray. And you'd never refer to another member of staff in public by their first name. It never entered anyone's head to question authority, which meant senior nurses could have a bit of fun at the junior nurses' expense. I clearly remember an authoritative voice ordering me to 'go into theatre IMMEDIATELY and ask Dr So-and-so for a Fallopian tube...' I did it, reluctantly!

I liked having the time to get to know the patients back then. Hospital care has changed massively over the past two decades; patients are in and out of hospital very quickly. But years ago, you'd build a relationship with them, get to know their problems. At the end of every shift I'd say goodbye to my patients one by one and ask if there was anything they wanted. That wouldn't happen now, there just isn't time.

> Back then, nurses were seen as either nymphomaniacs or battleaxes

When I started midwifery in the late 80s, there were seven delivery rooms and five midwives at my hospital. When I left a decade later, there were 11 delivery rooms and four midwives. You do the maths. The pressure was intense.

But I've seen some very positive changes. Nurses are more respected – the job is more sophisticated, more technical and, in many ways, more exciting.

And yet... I miss the old ways. Yes, nursing is more democratic now, but I liked the old-fashioned set-up of the consultant heading up a team. And I miss knowing my patients and the end-of-shift ritual of saying 'Goodbye'. Now, we just switch off our PCs!



The police force in the 80s was just like a scene from *Ashes to Ashes* for young WPC Sharon Gibbons.

THE POLICEWOMAN

I wore a pencil skirt, and carried a mini-truncheon in my handbag...

Sharon Gibbons, 50, is Chief Inspector with West Mercia Police. She lives in Worcestershire with her 15-year-old daughter.

I joined the police in 1980 – just five years after the Sex Discrimination Act was passed, though you'd never have known it at the time. Women were treated very differently back then. For a start, a WPC's uniform was ridiculous. We wore a pencil skirt, a fitted tunic and had to carry our mini-truncheons in a handbag. I remember chasing a thief who'd been using a stolen credit card. He ran across some fields and hopped over a barbed-wire fence. Needless to say, thanks to my sexy-looking, but totally impractical, skirt I got stuck on the wires while he sprinted away!

Sexism was rife. Oh... the stress of eating a banana!

Life at the station was different, too – all mismatched furniture and lino floors, and there was a thick fug of fag smoke in the air.

Policing was still a job for the boys and, though I liked my male colleagues, they were very cliquey. There was a lot of sexism, too. I'd take my jacket off and a male PC would shout, 'You'll take my eye out with one of those!' And oh... the stress of eating a banana! I learnt quickly that the usual way was more trouble than it was worth. Instead, I'd break bits off it and pop them in my mouth.

In spite of the sexist high jinks, the force was very military. There was a formal briefing at the start of every shift and a definite hierarchy. We stood when a chief inspector entered the room, and saluted whenever we saw them (that certainly doesn't happen now!).

Things have changed radically for women in the force, but it's been gradual. Now, it's accepted that anything a male police officer can do a female can do, too. And my rise through the ranks reflects this – I wouldn't want to work anywhere else.

FEATURE: CLAIRE WILLIAMS. PHOTOS: ALAMY; GETTY IMAGES

THE TEACHER

From about 10 in the morning, there was always the smell of stodgy school dinners cooking...

Jackie Myles, 45, lives in north London with her sons, Joe, 12, and Daniel, 3. She's been a teacher for 20 years.

My first day as a teacher was at the start of the autumn term in 1990 and everything was different. Floors smelt of wax because they were polished frequently (that doesn't happen in term time now because of health and safety regulations), and the playground was just an expanse of concrete – no safety-conscious climbing frames or educational number trails. And, from about 10 in the morning, there was always the smell of stodgy school dinners cooking, because all schools had their own kitchens back then.

Kids sat on battered chairs at rickety desks

Life in the classroom has changed, too. The kids sat on battered chairs at rickety desks – furniture was used then until it fell apart. Now, stuff gets replaced the minute it breaks in case of an accident! And when I look at my old photos, I can't believe how amateur the wall displays look. Now, I design all the headings on the PC and print them off in a couple of minutes. Back then, I used a template to cut out coloured letters. It took hours!

The only thing that hasn't changed are the children – they're still noisy and run around a lot! And, while the names of playground games may change, the basic rules don't. Every year, there's a variation of British Bulldog that has to be banned; or a new card-swapping craze that leads to cards being confiscated.

I still love teaching, but miss the simplicity of the old days. You can't cuddle a crying child any more, there's no nativity play, no sweets on birthdays and no pets in the classroom. Some of the changes are good, but there's a lot of red tape today, which means teaching is a less hands-on job. And I do think that's sad.



Things were different back in the 90s, says teacher Jackie, but the kids were just as noisy!





Red Stallion Discover your showbiz side at dulux.co.uk

Dulux
Let's Colour

60 SPOIL-YOURSELF TIPS

Get that holiday feeling every day!

Don't you just wish these long days spent relaxing alfresco could go on for ever? Well, we don't want summer to end either, so we've come up with some sizzling ways to get more time just for you

1 Bunting isn't just for special occasions. It's a cheap and quick way to brighten up a kitchen, bedroom or the garden. The Cotton Bunting Company (cottonbunting.co.uk) has everything from gingham to polka dot.

2 Spritz this light fragrance and feel as fresh as a daisy: Marc Jacobs Splash Apple Eau de Toilette, is £45 for 300ml. Even if the sun isn't shining, it'll make you feel summery.



3 Remember to feed your bedding plants every week to keep them blooming well into the autumn months.

4 Camping's gone upmarket since we were young, so give 'glamping' a go. Forget damp canvas and smelly communal loos – go for eco-friendly, cool yurts. All the joy of the country with none of the hard work! See goglamping.net.

5 Go all Continental and make the most of the lovely long evenings. Cafés, shops and parks stay open later, so take the kids out for a treat. Or why not grab some culture? Many museums are open later, too.

7 *'I usually drive the kids back from school, but once in a while, in summer, I walk across the fields to get them. Seeing them playing in streams and running through the long grass on our way home is a joy.'* ***Polly, Lancashire***

8 There's nothing like an alfresco meal to make you feel like you're on holiday, so if you have the space, serve dinner outside tonight. Just keep the bugs away with a citronella candle!

9 Pick your own strawberries – yes, we can buy them all year round, but they're not half as good as British ones eaten straight from the field!



10 Water your plants first thing in the morning so the leaves can dry off before the sun hits them. A good excuse to get out there in your PJs!

11 If you're stuck in an office and it's warm outside, ensure you get out into the sunshine every day. Even a walk round the block will put a smile on your face.

12 Chill out in the garden long after the sun's gone down. Check out these insect-shaped lanterns, only £2.99 at Homebase. Or, hang snap-and-shake neon glow sticks all through the trees, £5.49 for 10, from Lakeland – perfect for a party!



SIMPLE SUMMER PLEASURES

13 We love using the washing line: clothes smell sweeter, it brings out the domestic goddess in us and it's eco-friendly!

14 An old-fashioned English cream tea is a fab treat, no matter where you live! Scones with clotted cream and jam taste even better on a gorgeous summer's day outdoors. Make up some egg and cress sandwiches as well (with the crusts cut off, naturally!) and take a delicious trip down memory lane.

6 Gladiators are set to stick around for summer, and with so many colours and styles to chose from (and at these prices), it would be rude not to invest in a pair or three! We love the way they instantly toughen up the cute prints and flouncy dresses. The comfort factor is just an added bonus!



Orange and gold, £14, 3-8, Matalan.



Mock croc, £20, 4-8, vivaladiva.com.



Embellished, £20, 3-8, Odeon.



Another ten minutes, then I'll get back to the chores – maybe!

15 Let's face it, girls, we all look and feel better with a bit of colour, but if you're wary of looking Tango-ed when you fake it, try a body lotion with gentle tanning in it.



We love Makebelieve Gradual Self Tan, £20, Boots.

16 If you're growing parsley and other fresh herbs or soft berries, remember you can pick them now and freeze them to still have a taste of summer once there's a chill in the air.

17 Floral-print dresses aren't just for the ladies of Wisteria Lane. Big blooms are bang on trend – think poppies and pansies in tropical shades. Add a cute cardi, and a belt to give a modern edge. Slip on some peep-toes and Jackie O-style sunnies and you're good to go!
Floral print dress, £90, 8-22, Monsoon.



18 Ditch traditional Sunday lunch and have a garden party instead. Your partner will love the chance to fire up the BBQ while you can sip rosé in the sun instead of standing over a hot oven. It's a win-win situation!

19 Hanging baskets add splashes of colour to your garden right to the end of summer. Water daily but if it's especially hot and the basket dries out, take it down and submerge it in a bucket of water, letting it soak up as much water as possible.

SIMPLE SUMMER PLEASURES
20 We love leaving windows open, with the breeze blowing through the curtains.

21 Pack up a picnic and head to the countryside. Cook up some chicken drumsticks, hard-boiled eggs and a shop-bought quiche and you'll keep the kids happy all afternoon.

22 We love painting our toenails funky neon colours. They look so chic with flip-flops. Keep polish in the fridge to stop it going tacky in the heat.



We love Vie VIP Nail Colour Collection, £13, with four bold shades to match any outfit.

23 Some food combinations just work brilliantly: chop up watermelon and crumble feta on a plate for a taste of instant sun.

24 *'Get together with a group of mums and arrange play swap days for your kids. They take yours for the day and you have theirs the following week. Great for buying yourself a quiet day in the garden!' Lisa, via email*

25 Fill old jam jars with tealights to make your garden look pretty – no need to take them in at night either.

26 Love the 50s vibe? Then you're in luck! Make like Danny and Sandy and go to a drive-in. With Starlite Urban Drive-in, you can book one of 20 cars, sit back (no, you don't need to drive!) and watch the movie *Grease*. There are even rollerskating waitresses. It's showing first in London, then goes nationwide. Details on starliteurbandrivein.co.uk.

27 Have fun with your summer do. Salt sprays are just the thing to give your hair that gorgeous thick texture it always gets after a day lazing on a warm, windy beach. Just spritz into damp hair and finger dry to give the roots some lift.



Try REF 303 Ocean Mist, £9.95.



Be footloose and fancy-free – and just do as you please!

SIMPLE SUMMER PLEASURES

28 We love kicking off our shoes and feeling the grass beneath our feet – bliss!

29 Buy seasonal fruit and veg, such as gooseberries, blackcurrants, raspberries, broad beans, peas, salad leaves. Some are only around a short time, so don't miss out! Gooseberries are a delicious British summer fruit and taste fab made into a creamy fool. Cook gently with sugar until soft, leave to cool and fold through softly whipped cream.



White straw hat, £6, Peacocks.

30 Add a touch of Riviera chic to your favourite summer outfit, with a floppy hat. Not only will you look ultra-cool, it will conceal a bad-hair day and shade your face. Stick to white or neutral shades and they'll match whatever you're wearing.

31 Serve up a taste of the Med with bruschetta. Mix fresh chopped tomatoes with torn basil, a splash of olive oil and season. Use to top toasted ciabatta slices and scatter with shavings of Parmesan. Buon appetito!

32 'When I come back from holiday, I keep the leftover sunscreen to put on my arms. Even if the sun isn't shining, I love the smell – it takes me back to sunnier days and makes me feel happy.' *Mimismum, via Twitter*

34 Now you can smell gorgeous and cover your skin in a subtle shimmer at the same time, with Narciso Rodriguez Essence Iridescent Fragrance, £40 for 50ml. Soft and floral, it's perfect for summer!

35 Lighten up your hair colour. Our hair always gets naturally lightened by the sun when we go on holiday. Get the same effect with **John Frieda Sheer Blonde Go Blonder Lightening Shampoo, £5.37 and conditioner, £5.49.**



36 Pack away all your snug throws, blankets, cushions and rugs for the summer. Your house will look and feel cooler – and it'll appear bigger.

37 Take a dip in the open air. You don't have to be an athlete swimmer: splashing about with your kids in an outdoor lake could be the highlight of your summer! Go to outdoorswimmingsociety.com.

38 'When the sun's up early in the morning, I get up earlier too and treat myself to tea and toast outside my local café, watching the world go by before work. It puts a spring in my step.' *Ann, Croydon*

39 Keep an eye on the What's On section of Netmums.com for loads of ideas for days out, playschemes, holiday clubs and free activities in your area to keep your kids busy during the hols.

33 Glass objects will brighten up a room as they reflect sunlight. Anything from jam jars to wasp-catchers can be displayed together and used as vases or candleholders.

We like these glass hanging lanterns, £15 and £20 from The White Company.





Embellished dress, £39.50, 8-16, Marks & Spencer.

40 We know embellished maxi dresses have been around a while, but we still love them. They're a friend to less-than-perfect pins and look 'cool' with minimal effort. Wear with flat sandals or wedges, or you'll look dated.

41 Visit your local library. There are bound to be holiday activities set up for kids – most offer free story or craft sessions.

42 In the garden, remember to regularly turn your pots so the plants get equal exposure to the sun and keep flowering right on into the autumn.

FEATURE: LUCIE TOBIN, JENNIFER BEDLOE, LUCY TURNER, LINDSEY BAKER, SARAH COOPER-WHITE, ANGELA COOKE, FIONA GALLEY. PHOTOS: CAMERA PRESS; IPC IMAGES



Printed kaftan £60, s-l, Monsoon.

43 We all need a kaftan in our summer wardrobe. Team it with slouchy linen trousers, beads and flip-flops by day. Then, when the cocktail hour strikes, go for bare legs, wedges, an armful of bangles and jumbo clutch.

44 Even if it's not sunny, take the kids to the park – just throw on a jumper and you'll all have a ball in the fresh air.

45 There's nothing that says summer more than a pub garden lunch. What's not to like about good-value grub, a glass of something chilled and catching up with friends while the kids are kept entertained (and safely enclosed) in the play area most pub gardens provide now.

46 Not going on holiday? Well cheer yourself up by choosing products with coconut in them – one whiff and you'll feel like you're basking on a warm, sandy beach! Try **Palmer's Coconut Milk Formula Body Butter**, £4.99. The rich texture will leave your skin super-soft and silky.



47 Fish 'n' chips at the seaside – yumm! They taste so much better straight out of the paper after a walk along the beach. Definitely a summer supper treat – and why not grab yourself a '99' for afters!

48 *'Summer's the time when I get the family bikes out the shed, dust them off and we set off to the park together. There's nothing better than feeling the warm air on your face, getting some exercise and spending time having fun with your kids.' Sarah T, via email*

49 The new Lemon Meringue Pie doughnut from Krispy Kreme gives the humble ice cream in a cone a run for its money. It's filled with lemon 'kreme' and topped with lightly toasted meringue – we tried it in the office and loved it. £1.55 each, krispykreme.co.uk.

50 If you prefer neutral shades or just love black, bring a bit of colour to your wardrobe with accessories. Statement jewellery is an easy way to dress it up and don't be afraid to wear multiples (a stack of bangles, beads, or a handful of cocktail rings).



Tote bags, £25 each, Linea at House of Fraser.

Bangles, £3.99 each, Internacionale.

Beads, £40, Freedom at Topshop.

51 Who needs Glastonbury when these festivals are family-friendly and free? From 2 to 4 July, expect cabaret, a funfair and a carnival procession at The Godiva Festival, Coventry (godivafestival.co.uk), and from 30 July to 1 August, the Bristol Harbour Festival (bristolharbourfestival.co.uk) is awash with music, good food and entertainment. Check out your area for similar events.

52 Get a 'post-beach' glow. Even if you haven't been near the coast. Apply a liquid bronzer all over your face, then to stop it looking flat, layer a cream peach blusher to the apples of your cheeks.

53 If you've got kids, buy moulds to make fruit juice ice lollies with them. When else do they beg for one of their 5-a-day?



54 *'As soon as summer comes, I'm craving lunch outdoors, loving all the alfresco eating areas that have popped up thanks to the smoking ban.' Udoodle, via Twitter*

SIMPLE SUMMER PLEASURES

55 We love slipping on a dress and flip-flops in minutes. So much easier than socks, jeans, boots and jumpers!



57 Summer fragrances are just so... summery! True Grace has a huge range of scented candles, room sprays and diffusers (truegrace.co.uk) – try Seashore, Cucumber or Lemon Tree, from £12.

56 You don't have to sup rosé to enjoy a summer drink. Try this non-alcoholic mojito – it's just as nice without the rum! Put 4 sprigs of fresh mint, a dash of lime juice and sugar in a glass. Fill with ice, soda and a dash more lime juice.

58 Organise a game of rounders. Jumpers for stations, old tennis ball and bat and you're there. Cheating allowed if you want to make it even more fun!



White linen trousers, £18, 8-18, George at Asda.

59 You know summer's finally here, when you get out your trusty white linen trousers. They may be a timeless classic, but the nautical look means they're also v trendy. All you need is a stripy tee, and red espadrilles. Oh, and don't forget to invest in some trouser knickers, VPL is a big no-no!

60 Got a day free? Get in the car, or train, head to the coast, a lake or river and spend a leisurely day by water.

TELL MAGNET WHAT YOU WANT FROM YOUR KITCHEN

AND WE'LL SHOW YOU A COLLECTION THAT'S RIGHT FOR YOU

Trust Magnet to make choosing a quality kitchen easier than ever before. We've divided our huge range of over 40 designs into three different collections to cater for every taste, style and budget. But no matter which collection is the one for you, they're all backed by the same unrivalled standards of quality design and service that you would expect from the UK's largest kitchen retailer.

- FULL CIRCLE SERVICE
 seven steps to complete peace of mind
- SMART DESIGN
 one to one service from expert designers
- NEW – SMART CARE*
 a free follow up kitchen check 12 months on to make sure your kitchen is performing as good as new
- 15 YEAR CABINET GUARANTEE
 solid reassurance built-in
- SOFT CLOSE DOORS AND DRAWERS
 whisper quiet technology as standard



ESSENTIALLY MAGNET

Great quality kitchens at irresistible prices. You still get Magnet's total commitment to customer care, service and design, but in the most affordable way.
All kitchens are delivered as high quality pre-built units, not flat-packs, and use soft close technology. So if you want to think bigger on a limited budget, this collection is for you.

£



*Please note the free Smart Care 12 month check is only available to customers who have chosen Magnet to install their kitchen.
†Price is based on a 12 unit Faro kitchen in the summer sale. See website for details.

PURELY MAGNET

From über contemporary designs to homespun traditional, you'll find just the style to suit you. And, with complementary coloured cabinets, soft-close doors and drawers and a wide choice of built-in accessories, we also give you the freedom to personalise your design and make it as individual as you are.

£ £



UNIQUELY MAGNET

Each of these framed kitchen designs exudes a classic feel, with the reassurance that we have not compromised on anything. From colour complemented cabinet interiors to luxurious built-in storage and lighting options, absolute perfection comes as standard.

£ £ £



FOR YOUR NEAREST STORE OR TO REQUEST A BROCHURE
CALL 0845 123 6789 OR VISIT WWW.MAGNET.CO.UK

Magnet

WHAT HAPPENS IN YOUR KITCHEN?

Here comes gorgeous you!

Yes! Yes! Yes! Look amazing on holiday this year – you just need to follow our plan...



EASE ARM BUMPS

Facial microdermabrasion kits are ideal for this as they help to gently smooth your upper arms without any irritation. Use twice a week for the best results.
TRY Skin Wisdom Micro-Dermabrasion Kit, £10 – the tiny granules will get to work on those pesky small, dry bumps and won't leave your skin looking red and feeling sore.

GIVE SKIN A GLOW

Combine your exfoliation and moisturising in one by using a body lotion with glycolic, salicylic or fruit acids. It gently exfoliates rough areas and leaves your skin silky smooth, too, so great if your skin is sensitive.
TRY Clinique Turnaround Body Smoothing Cream, £23 – after using this for a few days any rough bits will feel smoother and your skin will look radiant and smooth.

BLITZ BUMPY THIGHS

'Your body can take a gritty scrub,' says celeb beauty expert Nichola Joss, 'as your skin has more fatty deposits and won't be damaged or scratched. Always work inwards, towards the heart, massaging in circular motions to improve your circulation.'
TRY Philosophy Amazing Grace Hot Salt, Tub and Shower Scrub, £22 – the combination of grains and oiliness will buff uneven areas perfectly to leave your thighs silky soft.

Get rid of those wobbly bits

There's no miracle cure for cellulite, we all know that, but with a little bit of preparation you can make those dimply areas look and feel better. Here's how...

◆ **Buff up daily** Body brushing for a week or two before you go on holiday can help reduce puffy water retention and make your thighs look slimmer, as well as visibly improving the condition of your skin. Use a natural bristle brush on dry skin, and every morning brush your body in long sweeping movements focusing on problem areas like wobbly thighs, bum and arms.

◆ **Detox** Can't lose a dress size before you jet off? 'Eating lots of fruit and veg and drinking plenty of water will improve your circulation,' says Nichola Joss. For a few days before you go away avoid bread, pasta and anything sugary and stick to homemade soups, steamed fish and veg and fruit salads. You'll feel slimmer and less lumpy when you hit the beach.

◆ **Pummel those thighs** There's a million and one creams out there claiming to sort out your orange-peel thighs, but realistically nothing is going to work on its own. Your best bet? Practise lymphatic drainage massage every day as you apply your firming cream. 'This is amazing for getting rid of fluid and puffiness as well as toning your muscles and firming your skin,' says Nichola.

Work the cream up your leg from your ankle to your knee, then up your thighs towards your bottom. Use firm kneading movements, first in circular movements, then in long strokes up your leg – the aim is to move all that fluid that gives your thighs a spongy texture.

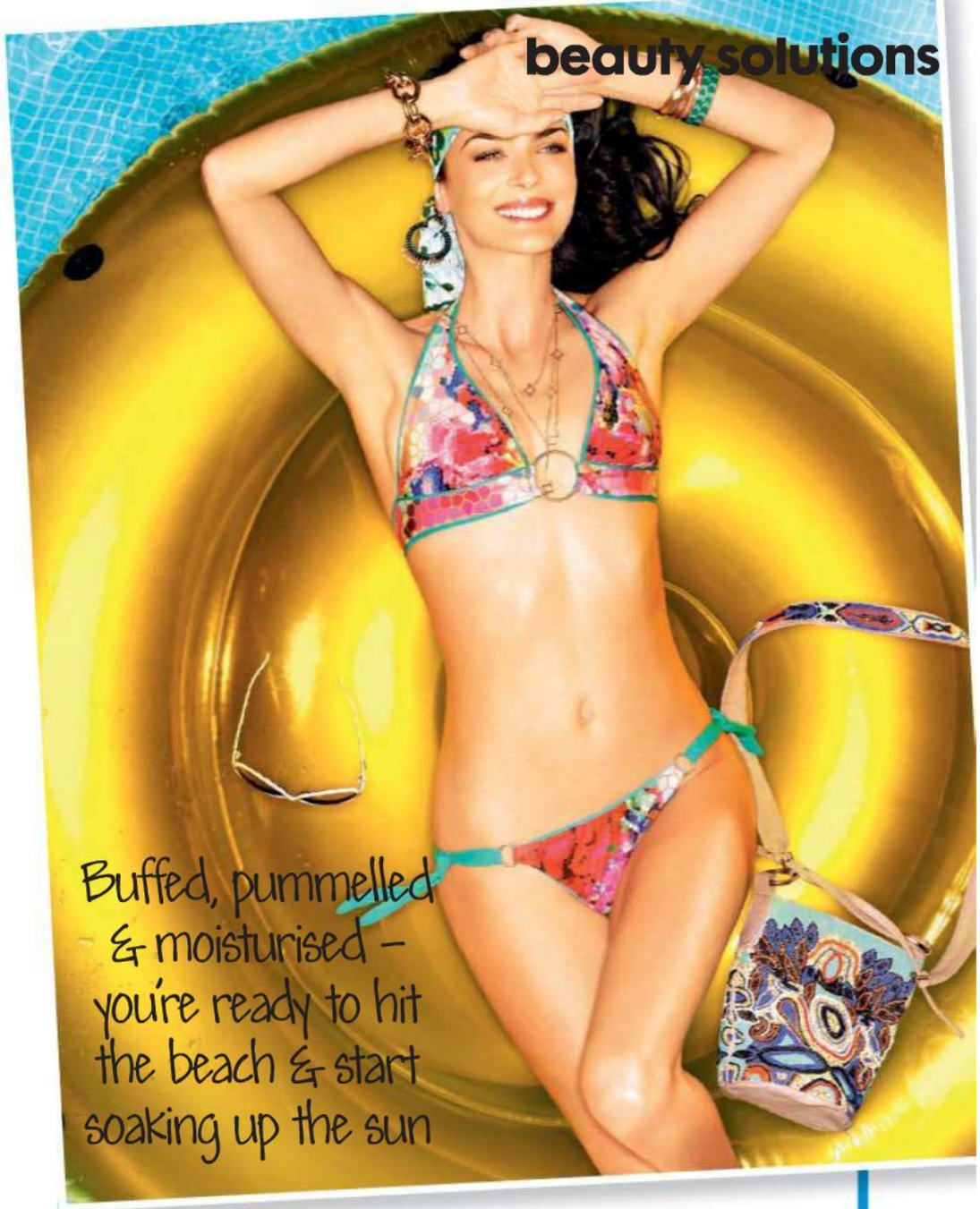
BEST FIRMING CREAMS



Dior Svelte Body Hydrating and Firming Crème, £35, smells gorgeous, just like summer, and if you massage it in using the right technique, your thighs will look better after a few weeks.



Ren Wild Yam Omega 7 Firming Body Repair Cream, £32.50, it's not an anti-cellulite cream as such, but it does melt into dry, flabby skin just like butter. We love it!



Ways to look like a sun goddess

✗ **DON'T** rely on your foundation as a sunscreen, even if it does say SPF20. Use a moisturiser with SPF, then apply your make-up. Or try a tinted day cream like **L'Oréal Paris Solar Expertise Anti-Wrinkle & Brown Spot Tinted Matte Fluid Protection SPF50, £11.75.**

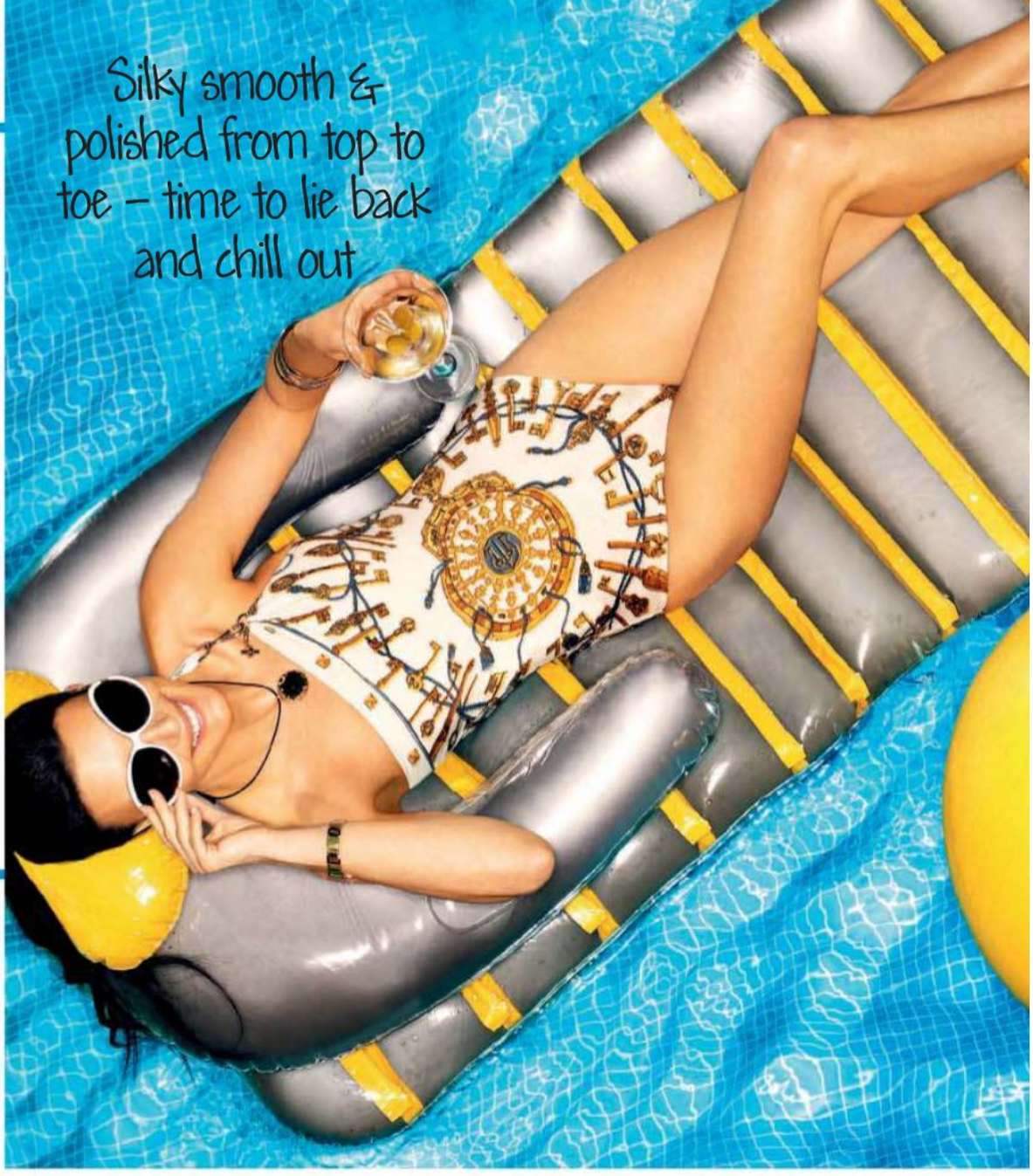


✓ **DO** lighten up your skincare. Forget rich, heavy cleansers and creams and swap to oil-free products, gel cleansers and light lotions instead of creams. Try **Neutrogena Deep Clean Refreshing Oil-Free Cleansing Lotion, £3.49.**



✗ **DON'T** forget to protect your hands – they're one of the first places to show signs of ageing as they're exposed to UV rays almost all year round. Slap on a cream, like **Nivea Hand Age Defying Q10 Plus & UV Filters**, £4.69, regularly throughout the day. This one protects your hands from sun exposure, too.





No stubble or stray hairs please!

Smooth legs and a hair-free bikini line will make you feel 100% better when it's time to hit the beach...

FOUR WEEKS TO GO

Try an epilator which removes hair from the root to leave you smooth for up to four weeks. It doesn't remove every hair straight away, so use it every other day to ensure that you're hair-free by the time you go away. It does hurt, but the more you do it the easier it gets! Try the Braun Silk-épil Xpressive Pro, £129.99 – pricey, but it'll last for years.

ONLY GOT A WEEK

Try waxing – skin stays smooth for up to six weeks – but do it a week before you go away. 'If you're waxing for the first time,' says waxing expert Janet Chao from Parissa, 'make sure your hair is at least 1cm long. It might feel a bit painful at first, but it gets easier every time you wax.' Try Parissa Chamomile Body Sugar, £12.99 – it's the most effective wax outside a salon.

Save your soles!

Don't ruin your sexy sandals with worse-for-wear feet. Foot expert Margaret Dabbs gives her top tips...

✓ **Get rid of hard skin** Use a foot file once a week, but don't buff wet skin – do it before you shower.

✓ **Don't cut your toe nails** Gently shape them straight across using a crystal file. The nail should reveal the white edge, but no longer.

✓ **Have polish-free days** Try Leighton Denny Brilliance Treatment Serum, £11, to get rid of yellowy nails.

✓ **Use foot cream** A transdermal foot cream will penetrate deep into your skin – use it every day.



TRY Margaret Dabbs Intensive Hydrating Foot Lotion, £25.



TRY Mavala Conditioning Moisturizer for Feet, £11.50, for silky smooth feet you'll be proud to show off.

Get a forever mani... well a few weeks at least

Chipped polish looks horrible and will ruin all your get-gorgeous efforts. Make your manicure and pedicure look great all holiday with these tips...

◆ **THE BEST BASE COAT** UV rays can cause the pigments in polish to turn your nails yellow and stained. A good base coat used every time you apply polish will stop this.



TRY OPI Natural Nail Base Coat, £9.95

◆ **USE A UV TOPCOAT** When you're outside all day, the sun's rays can soften nail polish and ruin your mani in no time. That's why you need to apply a UV top coat daily for maximum protection.



TRY Orly Sunscreen for Nails, £9.25.

◆ **CHIP-PROOF SALON TREATMENT** No more chips, dents or cracks in your polish for two weeks. Sound good? Try the latest salon treatment CND Shellac – it's a revelation!

TRY A CND Shellac treatment costs from around £30. Call 0113 217 3813 for your nearest salon.



OUR HOT BUYS

Get-yourself-noticed polishes: **TRY** NYC New York Colour Long-Wearing Nail Enamel in Empire State Blue, £2.49; Orly Nail Lacquer in Passion Fruit, £8.75.





LAST-MINUTE PANIC

You can't beat shaving for speed, but exfoliate first to give the razor a smooth surface to glide over. Change your razor at least once a month. We love the Gillette Venus Spa Breeze, £8.99 for four. The razor has built-in shave gels so you don't need to use soap or shaving gel.

Goodbye bad hair days!

◆ **Get a trim before you go** Sun, sea and chlorine can make your split ends worse,so book your appointment to get them cut off before you jet off.

◆ **Care for your colour** The sun is your worst enemy if you colour your hair as it quickly fades colour and weakens already fragile hair. To help prevent fading, use good-quality protecting products.

◆ **Repair damage** The healthier your hair, the less damage it will suffer while you're away, so slather on an intensive treatment to add moisture and prevent it getting frazzled in the heat.



Your get-gorgeous-hair tool kit



PROTECT FROM UV RAYS by using Redken ColorExtend Sun Solar Screen SPF10, £15.35 – it seals each strand of hair to leave it soft and smooth, and help prevent the colour from fading.



CARE FOR COLOUR by using Paul Labrecque Color Shampoo, £18, which is so gentle it won't strip moisture out of fragile coloured hair.



REPAIR DAMAGE Turn frazzled tresses back to healthy, shiny hair with Ojon Restorative Leave-in Treatment, £29.50 – it smells pretty amazing, too.

FIX SPLIT ENDS with Herbal Essences Beautiful Ends Split End Protection Intensive Mask, £3.99.





Happy skin is yours!

To see your skin safely through your time in the sun, without burning or peeling, try preparing it with these remedies for a perfect golden glow...

POP A PILL We all know spending too much time in the sun is bad for our skin and that's why we love **Holland & Barrett Tan Tablets, £3.99 for 60.** Pop two tablets before you go out in the sun and the vitamins, amino acids and minerals all help to boost melanin production in the skin, helping you achieve a better golden glow without having to spend hours on a sun-lounger.



USE AN OIL Obviously using oil in the sun is a big beauty no-no, but use **Decléor Aromessence Solaire Tan Activator Serum, £35.70,** one week before you hit the sun and it will help strengthen your skin's natural defences, prevent ageing and ensure a natural, even colour thanks to camomile, carrot and rose oils. You've still got to wear an SPF though!

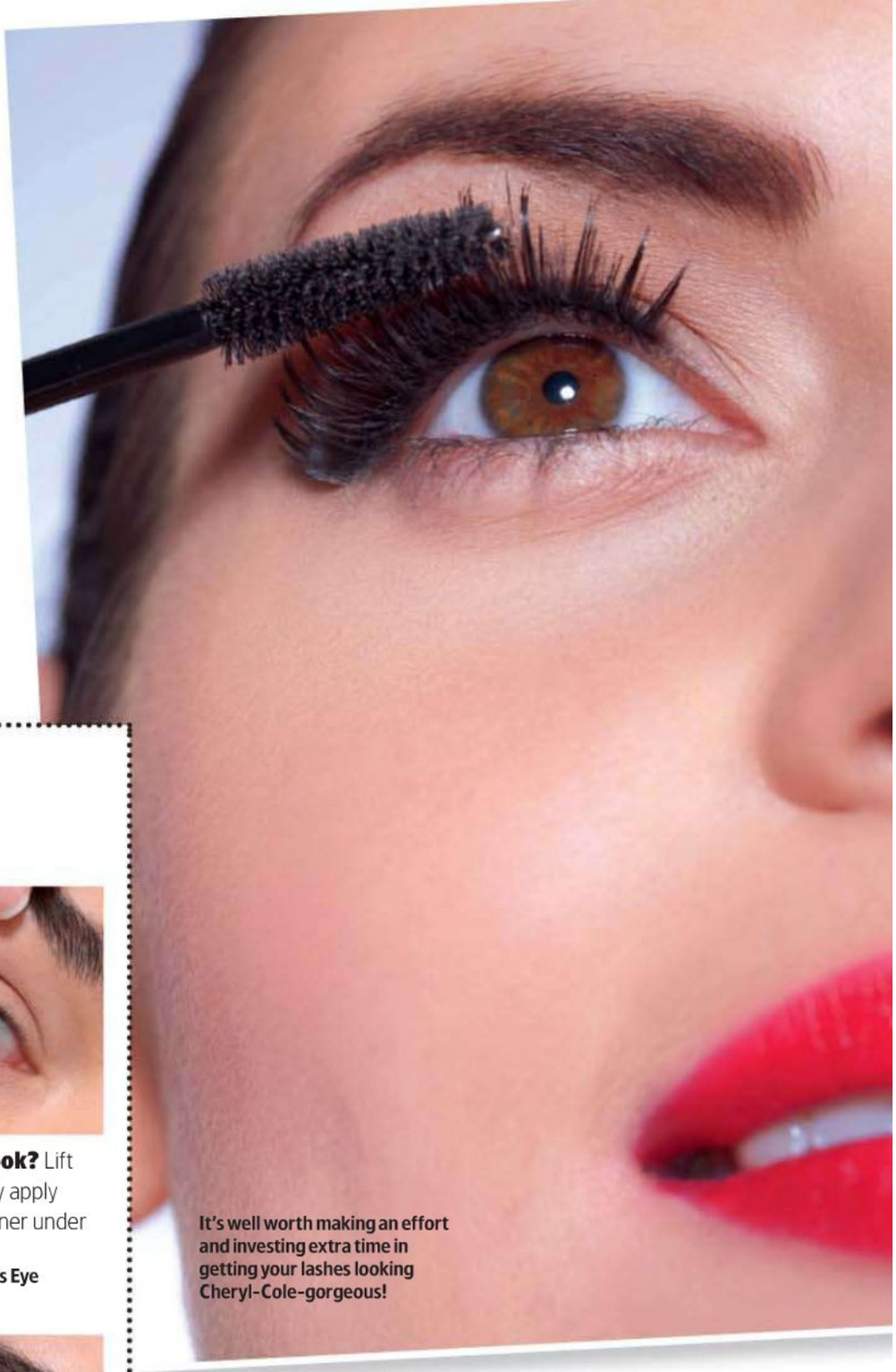


For stockists, see page 131

FEATURE: SARAH COOPER-WHITE. PHOTOS: CAMERA PRESS; TERRY HILL (STILL LIFE)

Hello lovely lashes!

We all want long, luscious, fluttering ones. Here's how to get them looking just that...



It's well worth making an effort and investing extra time in getting your lashes looking Cheryl-Cole-gorgeous!

STEP-BY-STEP

Fake dramatic lashes – perfect for a special night out



Draw a thick line of black liner across the base of your upper lashes – you'll look like you've got more lashes than you actually do!
TRY Prestige Liquid Eyeliner in Black, £5.49.



Prefer a natural look? Lift your eyelid and gently apply brown or black kohl liner under your upper lashes.
TRY Estée Lauder Artists Eye Pencil £14.



For a dramatic effect, add a few false lashes at the outer corners. Hold a lash with tweezers, apply glue and press onto your lashes. Hold in place until the glue sets.
TRY Eylure Individual Lashes, £4.95.



Once you've applied your falsies, give them a few coats of black mascara to help them blend in with your real lashes.
TRY Mac Opulash Mascara, £12.50.





BeneFit BAD Gal Lash Mascara, £15.50.

expert Tip What's the secret to thicker, longer lashes? Editor Jules is lucky and has both! She says: 'Keep trying different mascaras until you find the right one – think of it like finding the shampoo that best suits your hair. Benefit BAD Gal Lash is perfect for me, but doesn't work for my friend. Secondly, take your time when applying: let each coat dry and keep building it up – it takes me about 3-5 mins. Don't expect miracles if you give your lashes just one slapdash application!'

Clever tricks for wow-looking lashes

Want some colour?

◆ First apply a white primer to your lashes – it'll make coloured mascara look more intense. **TRY Bourjois Mascara Coup De Theatre Noir Diva, £9.99.**

◆ Next, coat upper lashes with coloured mascara.

◆ Don't apply colour to your lower lashes – you'll end up with that Lady Di look.

BEST FOR COLOUR
Urban Decay Big Fatty Mascara in Flipside, £9.

Want to curl straight lashes?

◆ Invest in good eyelash curlers.

◆ Warm the rubber bit with your hairdryer, but make sure it's not too hot!

◆ Starting at the base of your lashes, move your curlers up, squeezing in different areas until you reach the ends. Invest in a mascara that will help hold the curl – see below.

BEST FOR CURLING
Revlon Eyelash Curlers, £5.99; Clinique High Impact Curling Mascara, £14.50.

Want to add length to short lashes?

◆ You should be aiming for lashes that look like a fan of fluttering perfection.

◆ Make sure you buy lengthening mascara and apply it from the roots to tips, then apply a second coat, then a third just to the tips of your lashes to finish.

BEST FOR LENGTH
Maybelline New York Lash Stiletto Voluptuous Mascara, £7.99; Bourjois Elastic Mascara, £8.99.

Want to fatten up spindly lashes?

◆ A volumising, thickening mascara is a must.

◆ If your lashes are thin due to illness, invest in a formula that helps to build up the health of your lashes such as this Lancôme one.

◆ Give your lashes at least two or three coats of mascara to thicken them.

BEST FOR VOLUME The Body Shop Divide & Multiply Mascara, £11; Lancôme Hypnose Precious Cells Magnified Volume Cream Mascara, £22.

DID YOU KNOW? We've been applying mascara since the 1830s when women started mixing ashes and elderberry to intensify their lashes. But in 1917 Maybelline created the first cosmetic mascara available to buy... and thank goodness they did!

Problem solvers

◆ **IF YOU'RE VERY FAIR...** Steer clear of black mascara. It looks too dark and intense against fair skin and lashes – try brown instead. We love **Ruby & Millie Mascara in Brown, £11.50.**

◆ **IF YOU'RE GOING ON HOLIDAY...** Mascara running down your face is never a good look, so get your lashes tinted to give them more intensity. Or try **Jemma Kidd Make Up School Lasting Tint, £15** – it won't smudge or flake for at least 24 hours, but you'll need an oil-based remover.

◆ **IF YOU LIKE NATURAL LASHES FOR DAY AND DRAMA FOR NIGHT...** Don't have lots of different mascaras in your make-up bag. **Avon Spectra Lash Mascara, £10**, is three mascaras in one. Turn the dial to get barely there, naturally defined or the ultimate wow-factor look.

◆ **IF YOUR LASHES ARE LOOKING SPARSE AND FALLING OUT...** As we age some people's lashes get thinner and fall out. If this sounds like you why not try a lash strengthening serum like **Rapid Lash, £39.99**. In just 45 days it helps strengthen thin, brittle lashes to make your lashes, longer, thicker and more luxurious.

For stockists, see page 131

FEATURE: SARAH COOPER-WHITE. PHOTOS: CAMERA PRESS; MASTERPIECE

Holiday beauty treats from less than £1!

Some of our fave beauty products in miniature size means we can fit more in our suitcases – hurrah!



£1.39
Chill out by all means, but don't have a hair out of place! **Silvikrin Hydro Style Hairspray – 75ml.**

£1.95
Big hair in a little can. **Toni & Guy Mini Boost It Mousse – 50ml.**

99p
Keep these in the fridge and they'll be extra refreshing. **Boots Essentials Cucumber Wipes – pack of ten.**

£1.20
Keep dry, frizzy hair at bay. **Pantene Smooth & Sleek Shampoo – 75ml.**

£1.29
Slather this on in the sun for a deep conditioning treat. **TRESemmé 24 Hour Body Conditioner for hair – 100ml.**

£1.20
Does what it says on the tin! **Dove Go Fresh Anti-Perspirant Deodorant – 35ml.**

97p
Speedy skin quencher – and a cute bottle, too! **Palmer's Cocoa Butter Formula Lotion with Vitamin E – 50ml.**

£1
Ideal for sloughing off thick layers of sun cream! **Superdrug Vitamin Exfoliating Body Scrub – 30ml.**

£7
Great product... and gorgeous packaging! **L'Occitane Shea Butter Hand Cream – 30ml.**

£9.50
Just the job for gentle cleansing – remember to pack cotton pads though. **Dermalogica Ultracalming Cleanser – 50ml.**

£3
Don't forget to pack this trusty little gem. **The Body Shop Camomile Gentle Eye Make-up Remover – 60ml.**

£1.15
A wash-off cleanser to wake up your skin. **Simple Kind To Skin Moisturising Facial Wash – 50ml.**

£5
Get your mojo back after an afternoon relaxing. **Paul Mitchell Tea Tree Lemon Sage Energizing Body Wash – 75ml.**

For stockists, see page 131
FEATURE: FIONA GALLEY. PHOTOS: PIXELEYES

THE FIRST **AMMONIA-FREE** NUTRISSE COLLECTION

Nourished hair means better blonde!



Daniela Pestova shines in 9.03 Summer Sun Tones.

NEW
5 LONG-LASTING SHADES



"Told you you could trust Nutrisse!"

TEST 48HRS BEFORE USE

DON'T FORGET TO BE COLOUR SAFE
www.becoloursafe.com

GARNIER Nutrisse

RADIANT **BLONDES**

PERMANENT HAIR COLOUR WITH NO AMMONIA

> Nourishes as it colours
> Up to **100% grey coverage**
> **Even damaged hair feels nourished**

www.garnier.co.uk

Take care.
GARNIER

New BiC® Soleil® Bella™ MC

Hugs your every curve



www.feelthesoleil.co.uk

New Soleil® Bella's four spring-mounted blades sense every contour of your skin to give you a close, smooth and comfortable shave… whichever way your body curves.

BiC® gives you more!



Available at selected stores of Tesco, Sainsburys, Boots and Superdrug.

Beauty secrets



Beauty editor Sarah Cooper-White reveals all the new trends, tricks and buys



Now we can get Dannii's gorgeous Aussie healthy look.

Celeb favourite!

Dannii Minogue keeps her skin looking peachy with Aussie range Hissyfit's great selection of protective skincare (hissyfit.com). From hand cream (£19) and body lotion (£25) to tinted moisturiser (£22) and lip balm (£12), everything is packed with natural ingredients and has broad-spectrum SPF30 sun protection, too. Perfect for holidays or a lazy weekend in the sun.



Skin saviours

If your skin is sensitive, prone to eczema, or you just like to use natural ingredients, give new French make-up line **Une** a try. The paraben-free range has easy-to-wear shades at such affordable prices, it gives more expensive make-up ranges a run for their money. From £4.99 for an eye pencil, from Boots.

MIRACLE IN A JAR

Yes, I know it's expensive, but trust me this cream WORKS! Plus, it's a darn sight cheaper and less painful than a facelift. To test it, I got the *essentials* girls to apply StriVectin Instant Facial Sculpting Cream, £69, to one side of their faces and the toning effects were so obvious! Apply all over and your skin will look years younger!





Keep exfoliating and you'll feel good all over.

Q Should you stop exfoliating to hold on to your summer tan?

A Exfoliating is a must if you want your tan to look as even and glowy as possible. While you're on holiday, gently exfoliate every day to get rid of any suntan lotion build-up and prevent peeling. Continue when you get back, at least two or three times a week. Try a gentle exfoliator like **Johnson's 24 Hour Moisture Gently Exfoliating Body Wash, £2.99**, which can be used daily.



3 ways to... make the most of a summer glow

Try the beauty tricks that can give you that just-got-back-from-holiday look all summer long

SWAP YOUR BLUSHER FOR A BRONZER...
...and apply it to your cheekbones, brow bones and the bridge of your nose – anywhere the sun naturally catches more than other areas.

LEGS NOT QUITE UP TO SCRATCH?
Applying a gradual tanner daily disguises lumps and bumps and makes your legs look slimmer, too. For blemishes and broken veins, mix a little foundation with body lotion and apply to your legs in even strokes.

MAKE MOISTURISING YOUR MANTRA
A daily hydration fix will help your tan last longer and your skin appear more dewy. We love Palmer's Olive Butter Formula Cream Oil Body Moisturiser, £4.99, which makes your skin gleam.



WIN with essentials We've got one goody bag packed with Palmer's Olive Butter Formula products to give away. Just go to page 131 and tick ESSTREAT1 07 – you can enter by phone and text, too.

NEW! L'Oréal Paris Collagen Micro-Vibration Eye, £16.99, helps to tone and de-puff your eye area. Apply the eye cream, then gently massage the vibrating pen onto the lower and upper part of your eye to help disperse water retention and firm those wrinkly bits.

essentials Tried it, loved it!



For stockists, see page 131 PHOTOS: REX FEATURES; CORBIS

Contraception

what should YOU be using?



Thought contraception was something you got sorted in your teens and 20s? Then it could be time to think again...

When it comes to your health, reviewing your choice of contraception might not be top of your 'to do' list, but maybe it's time you looked at the whole issue again. The average age of menopause in the UK is 52, and latest figures show, surprisingly, that abortion rates for women aged 40 to 44 are the same as for under-16s. So contraception is just as important to us as it is to teenagers. The Family Planning Association (FPA) is worried that too many women believe their fertility decreases with age, which it does, and this stops them using contraception at a time when they could still get pregnant.

Putting your needs first

'An unplanned pregnancy in your 40s can leave you not knowing what to do,' says the FPA's Rebecca Findlay. 'You may have children, be back at work or thinking of returning, or just looking forward to some time for yourself.

'There are 15 types of contraceptive, all free on the NHS,' says Rebecca. 'The Pill and the condom are the most popular, but we estimate that around two million women are unhappy with their choice.'

If you've been on the Pill for years, you should take the time to think about its possible side effects that might be affecting you: sore breasts, weight gain and skin breakouts can be down to the wrong kind of Pill. Many women can have issues with their bleeding pattern: the Pill can stop periods completely, or it can send things haywire. Any of these should send you back to your GP for an assessment.

'Some women just aren't comfortable with how to use condoms or an IUD [a plastic frame that's inserted into the womb],' adds Rebecca. So it can be easier to just stick with what you know.

'The Pill is what people tend to think of first,' says Patricia Lohr, medical director of the British Pregnancy Advisory Service (BPAS). 'But it's vital to find a contraceptive that fits with a woman's age, ideals and needs.' Rebecca advises: 'Don't get stuck in a rut. If you've been taking the Pill for years and you still like this method – that's fine. If not, then remember there are other options.'

What's best for you?

When you're weighing up your choices, the first thing to find out is the failure rate of each type: remember nothing is 100% effective, but some are more reliable than others (check out the table below).

'There's a big difference between the failure rate of an IUD, for example, and the Pill you take daily – which can fail if you forget it just once,' says Patricia.

There are some relatively new methods on the block, too: the implant (Implanon) and the vaginal ring, which use hormones to suppress ovulation. Once inserted under the skin on your upper arm, an implant can stay put for three years and be forgotten about. The vaginal ring is left in place for 21 days a month before it's removed for a ring-free week; you can do this yourself at home.

So, whatever you do don't take any chances – make sure your contraception works hard, but feels right for you.

Make the right choice There's something to suit everyone, just take your pick...

METHOD	'MINI' PILL (progestogen-only)	COMBINED PILL (oestrogen and progestogen)	IMPLANT (Implanon)	VAGINAL RING	PATCH	INJECTION (Depo-Provera/ Noristerat)	COPPER COIL
✓ GOOD BECAUSE...	unlike the combined Pill it doesn't contain oestrogen – the better option if you're a smoker.	it's reliable and if you suffer with heavy periods, it can reduce bleeding quite significantly.	it's extremely reliable and once inserted (under the skin of your upper arm) it can stay in place for three years.	there's a low incidence of side effects as hormones are absorbed internally.	it's easy to put on and only needs changing once a week, three weeks out of four. It's not affected if you get a tummy bug.	you only need to get it once every 8 to 12 weeks. It may reduce heavy periods and is a good option if you can't take oestrogen.	it can stay in place for 5-10 years. The failure rate is less than 1% and it's suitable whether or not you've had children.
✗ NOT GOOD IF...	you're bad at routine. It needs to be taken at the same time each day – the newer version is a bit more forgiving.	you're over 35 and smoke. The oestrogen can increase your risk of getting a blood clot.	you don't like the idea of the fitting. It may stop periods or make them irregular, heavier or last longer.	you are very overweight and/or over 35 and smoke. It can also increase your risk of blood clots.	you have sensitive skin, you are overweight or over 35 and smoke (or stopped less than a year ago).	osteoporosis is a risk. Weight gain is a side effect which lasts as long as the injection because it can't be removed.	you have period problems – it can make them longer, heavier and more painful (this doesn't always last though).



If a 'late surprise' that has you up half the night isn't on your agenda, better get yourself sorted!

DIAPHRAGM	IUD SYSTEM	FEMALE STERILISATION	CONDOMS	VASECTOMY
there's no risk of side effects and it doesn't affect your periods.	it has very few side effects, can reduce periods (it contains a hormone called levonorgestrel) and can stay in place for five years.	it's permanent (but not as successful as a vasectomy for men). A good option if you're allergic to the coil or can't take hormones.	they help to prevent sexually transmitted disease.	it's a permanent option if you're in a stable relationship and are both certain you don't want any/more children.
it's less reliable than IUDs and the Pill. Has to be used with a spermicidal jelly and refitted after giving birth.	you need to have predictability – in the first few months it's common to have irregular bleeds or spotting.	you need a hormonal contraception that helps with heavy or painful periods – these could return after the procedure.	pregnancy is not an option – failure can be as high as 15%. Best used in conjunction with another method.	you change your mind about getting pregnant. Reversal procedures are available, but not usually on the NHS.

Women like you

'The implant works for me'



Xanthe Whittaker, 33, lives in south London with her son Jackson, 12, and husband Dave, 37.

'I took the mini Pill when I was at uni, but I wasn't the most routine person, so didn't always remember to take it. As a result, when I was 19, I got pregnant, then a few years after I'd had Jackson, two of my friends had the implant. I liked the sound of it and had it put in at a family planning clinic in 2005. I wasn't in a long-term relationship and was using condoms, but the implant meant I could feel confident of no accidents!

Since meeting Dave it's been my only form of contraception and I've never experienced any side effects. It's been great and I had it replaced at my GP's surgery in July 2008.'

A late surprise



Mandy Dineley, 45, from Hampshire discovered she was pregnant again... on her 40th birthday!

'Our children, Elliott and Lily were 5 and 7, and I'd stopped taking the combined Pill after Lily was born. We relied on the rhythm method [based on knowing when you're most fertile] and my periods started to become erratic. I thought it was the start of the menopause – then I did a pregnancy test. When it showed positive I worried about the impact having another baby would have on us and whether I'd be able to cope. In truth I felt embarrassed, but this all changed at my 12-week scan. George (now 5) has been such a magical surprise – we all adore him.'

WHERE TO GO FOR ADVICE

◆ BPAS 08457 304 030 bpas.org ◆ Family Planning Association 0845 122 8690 fpa.org.uk ◆ Marie Stopes 0845 300 8090 mariestopes.org.uk

FEATURE: SARAH HART. PHOTOS: GETTY IMAGES; SCIENCE PHOTO LIBRARY

WHERE WOULD YOUR TEETH BE WITHOUT YOUR GUMS?



If you're not looking after your gums, you're not looking after your teeth. So Corsodyl, with thirty years of experience in gum care, has formulated brand new Corsodyl Daily Gum & Tooth Paste. It has the benefits of a regular toothpaste, and with regular brushing can help maintain tight and healthy gums. While the taste might surprise you, there's a good chance you'll never go back to ordinary toothpaste again.

DISCOVER MORE ABOUT THE CAMPAIGN FOR HEALTHY GUMS AT GUMSMART.CO.UK

CORSODYL is a registered trade mark of the GlaxoSmithKline group of companies.

Get rid of your health niggles today...

Bloated tummy

Ooh, trapped wind is such an uncomfortable – and embarrassing! – problem. Our experts are here to help you deflate



It's amazing what you can do once you get a bloated tummy sorted!

THE DOCTOR

Prof Nick Read, gastroenterologist & psychotherapist



'Irritable bowel syndrome (IBS) is the name for a collection of unexplained symptoms relating to disturbances of the large bowel. IBS affects a third of the population at some point in their lives and symptoms can include bloating or swelling of the abdomen, pain and spasms, diarrhoea or constipation, or even both. You can reduce the amount of gas forming by cutting out fizzy drinks, beans, cabbage, large amounts of wheat and avoiding too many sugary foods, which kill the good bacteria in your stomach, vital for a healthy digestive system. Eating probiotics can be helpful as they ensure you have a balance of good bacteria to counteract the bad. They also offer you a feeling of control over symptoms. Always consult your GP if you're worried, especially if your stomach is constantly swollen, you're passing blood in the toilet and are losing a lot of weight – all can be indicators of something more serious.'

◆ **For more info, go to theguttrust.org.**

THE HOLISTIC PRACTITIONER

Margo Marrone, founder of The Organic Pharmacy



'A stressful lifestyle can play a huge part in bloating and IBS symptoms. Everyone handles stress differently and for some of us it manifests itself in problems with the gut. When your gut tenses, it becomes unco-ordinated, speeding up or slowing down the rate you digest food. This increases mucus and toxins in your stomach, which in turn creates gas and bloating. If you can relax more and reduce the stress, the bloating will improve. I advise clients to try a detox to help improve digestion and I prescribe detox capsules (The Organic Pharmacy Detox Colon Cleanse & Gut Repair Capsules, £26.95, theorganicpharmacy.com), as well as a homeopathic medicine called Argent Nit (£5.95, yourhealthfoodstore.co.uk), which works well at treating your stress. It's important to eat a varied diet with plenty of seasonal fresh fruit and veg. Eating plain, low-fat organic yogurt will also aid your digestion.'

◆ **For more tips on getting a healthy gut, go to loveyourgut.com.**

THE FOOD EXPERT

Sian Porter, Dietitian



'When your stomach is relaxed, it's the size of a clenched fist, it's only when you eat a big meal that it has to stretch to accommodate all the food and that's when you can start to feel uncomfortable and bloated. Overeating is one of the main causes of bloating, so instead of eating three large meals a day, eat small, frequent meals, which will be easier to digest. Chew your food thoroughly and don't eat too fast – it takes 15 minutes for your brain to register that your tummy is full. We're always rushing around and eating on the go, but it really helps if you can take some time out to relax during meals. If your gut is relaxed, it will process what you've just eaten more easily. And try to avoid sitting hunched over your desk or curled up on the sofa to eat your meals – sitting upright at a table is the perfect position to align your gut and make sure your food is being digested properly.'

◆ **Find a qualified dietitian at the British Dietetic Association bda.uk.com.**

Tip Got that bloated feeling? Try brewing fresh mint leaves or a few slices of fresh ginger in hot water. Sip slowly to help your digestion – both teas are anti-spasmodic, which will help stop your gut tensing up.

You say...



LAURA BRIGHT, 33, FROM EAST SUSSEX

'I started to suffer from severe bloating about a year after my twins were born. It wasn't until I had a food allergy test that I found I was allergic to lactose – the sugar found in cows' milk. I noticed that once I stopped having dairy products I felt better. I found being lactose intolerant hard at first. In fact, it wasn't until I tried Lactofree, a lactose-free range [from Asda, Morrisons, Waitrose, Sainsbury's and Tesco; lactofree.co.uk], that things changed for me. Now I can make custards, cheesecakes... I can even eat yogurt again!'

FEATURE: SARAH COOPER-WHITE. PHOTOS: CORBIS

'I want to give up smoking!'

Louise Fraser, 31, a mum from Oxfordshire, knew it was time to stub out her unhealthy habit. We challenged her to go cold turkey and stop in four weeks...

BEFORE



NUMBER OF CIGARETTES A DAY An out-of-puff, unhealthy 20.
MONEY SPENT ON SMOKING £20 a week, but has risen to £40 on occasions.
ENERGY LEVELS Hardly any get-up-and-go when I get home from work.
CHILDREN SAY 'I hate you smoking – it's so bad for you, Mum.'

Louise says...

My daughter Kenidee, 12, is now about the same age as I was when I tried my first cigarette and, although she's completely anti-smoking (she's learnt about the health risks at school and always tells me she hates seeing me with a cigarette), I still wanted to be a better role model for her.

My son Aaron, 3, was also starting to notice... every time I ventured into the garden for a puff, he'd call me back in, saying: 'Don't do that, Mummy, I don't like it!' Add to that the fact that I'm a single parent and I felt I owed it to my kids to look after my health better – there really was no reason to keep puffing away.

It was going to be tough. I'd smoked 20 a day, on and off, since I was 14, but I owed it to my children – and myself – to make the change.

Week one

Here we go!

I told my friends and family I was giving up, so I'd feel ashamed if I failed! I also said I'd donate the money I normally spent on cigarettes to camillesappeal.co.uk for six months. I wanted to help my friend's daughter who has a life-threatening brain tumour.

I decided to go cold turkey at first and stocked up on boiled sweets to keep my mouth busy (yes, recipe for disaster on the waistline front, but a girl's got to have some enjoyment!). And instead of a cigarette and coffee for breakfast, I started eating fruit and cereal... now that's got to be healthier!

Admittedly, I was more irritable than usual, but at work (I'm a contracts manager and we negotiate deals for the NHS) I had to curb my snappiness. There were several birthdays and lots of cakes doing the rounds, which helped calm me! And I needed to drink lots of water to ease the headaches I was getting.

My worst point was when Aaron went into a strop in a shop and sent me flying. I scrambled up from the floor, picking up the contents of my bag and felt like chewing on a cigarette to calm my nerves! Now where had I put those strawberry bonbons? Bonbons? Anyone...?



Success is sweet... children Aaron and Kenidee are so proud of Mum.

Week two

Breaking the habit

Nicotine leaves the body after three or so days, so I could celebrate that my body was free of it! The children had a few days off school, so I took holiday to be with them, but needed to keep busy to keep my mind off you-know-what. We went to the cinema, and normally I'd be waiting for the end so I could escape for a fag! This time I made do with popcorn... and enjoyed the film. Kenidee said she was glad I didn't have to sneak out half way through.



Can't keep still? Louise used her new lease of life to redecorate.

It was nice to concentrate on having fun with the kids – and a shock to realise my days used to revolve around when I could squeeze my next smoke in. Remarkably, I didn't seem to have any real craving for nicotine. It was the habit of having a cigarette in my hand that I seemed to be missing. Fingers itching, I decided to redecorate the living room (as you do!) and next up was the dining room. My house was also tidier than ever. Instead of my normal cigarette just before bed, I whizzed round picking up toys and sorting out school gym kits. I was at risk of becoming too organised! I also had a sudden urge to change my hair colour and switched from blonde to brunette. Friends told me it's a psychological thing – a way of leaving the old 'smoking' me behind and starting afresh... ooh, that's deep!


With her new-found energy, Louise finds tackling her 60ft lawn a breeze.

Week three

Uh-oh!

Things weren't looking good – I'd put on 7lb thanks to the sweets and my skin was spotty. A friend told me it was a good sign; the toxins in my body were leaving. Hmm... shame they didn't leave via another route!

But why wasn't I salivating every time I saw someone smoking? If anything, the smell of smoke was starting to turn my stomach. I was clearing out my wardrobe (keeping busy, again) and I noticed my clothes smelt smoky – that's how I must have reeked! After a month, I'd saved £80 for Camille's appeal.

Habits are hard to break – and I still associated certain things and times of day with having a cigarette. Every time the phone rang at home, for example, I found myself, for a split second, wondering where my cigarettes were because I'd normally have a smoke in the garden while chatting to a friend on the phone.

The urge to keep busy hadn't disappeared. I felt I had the energy (could be the healthy breakfasts) to tackle the garden at last and was delighted to find I could do it without huffing and puffing. Could I be getting fitter?

My willpower was tested when I had some friends over for a bottle of wine. My right hand felt empty without a cigarette, but a few breadsticks did the trick just as well.

The wedding at the weekend was a real revelation. Normally, I'd be outside smoking for most of the night, instead I was bopping to my heart's content and catching up with non-smoking friends. I was beginning to think smokers miss out on all the fun...

'I was feeling fitter – and my taste buds have improved'

Week four

Breaking away...

I knew it was make or break this week when I went away with colleagues for a team-building event at a hotel. The wine was flowing freely one night and I got very drunk! I'm ashamed to say I sneaked out to join a group of smokers outside and asked for a cigarette. Thankfully, they talked me out of it, but it was a sobering thought the following morning to think that had someone caved in and given me one, I'd have smoked it... It made me more determined than ever to stick to my guns.

On a positive note, I was feeling fitter – running around after Aaron was getting easier – and my taste buds seemed to have improved, too. I was really enjoying the taste of food whereas before I think I used to eat without tasting. Coffee smells and tastes delicious doesn't it? I joined a gym so I could spend my lunch hour there rather than smoking outside and I was generally feeling very good about myself.

According to the charity No Smoking Day, my risk of having a heart attack is halved after quitting for a year and I'd already cut my risk of developing lung and other cancers.

Kenidee emailed me this week (it's how kids communicate these days) and said 'You look much healthier and act differently, too. I enjoy time with you more than I did before. I kept telling you smoking's bad for you. I'm so glad you've given up...'

We had a little chat afterwards and she told me she had been worried I was going to die from smoking. I'll never go back to it now. I owe it to my family – and myself.

Louise's top tips

- ✓ Stock up on your favourite sweets and keep them handy for when you have a craving. Think about dieting later on...
- ✓ Keep busy. At quiet times, I found playing games on my iPhone a great distraction as well as reading books.
- ✓ Change your habits. At times you would usually smoke (after a meal/when you get home) go for a walk or make a phone call.
- ✓ Tell everyone you're giving up. The more people who know, the harder it will be to succumb to that sneaky fag.
- ✓ When you're struggling, remember why you're doing it... for your children, for your health, for your favourite charity?
- ✓ Keep a diary or a blog and record all your efforts. Looking back over it will inspire you and help to keep you going.



AFTER

NUMBER OF CIGARETTES A DAY A breath-easy zero.
MONEY SPENT ON SMOKING Nothing!
ENERGY LEVELS Can't stop moving, feeling more zingy than ever!
CHILDREN SAY 'You smell lovely and you're much more fun to be with!'

HELP TO QUIT YOUR SMOKING HABIT

◆ See your local NHS Stop Smoking Service – where trained professionals can offer free advice, tools to quit, 24-hour telephone support and prescribe nicotine replacement therapy. According to their figures, one in two people who use the local NHS Stop Smoking Service are not smoking four weeks later. Ask your GP, or find your local drop-in centre at smokefree.nhs.uk, or call 0800 022 4332.
◆ Quit is an independent charity that helps smokers stop. You can talk to trained counsellors by simply calling 0800 002200, or visit the website for help and advice at quit.org.uk.

FEATURE: KIM JONES. PHOTOS: NEIL MACKENZIE MATTHEWS. HAIR & MAKE-UP: JO ADAMS/TERESA FAIRMINER & ASSOCIATES


"Palmer's works. I'm the proof."
UNCOVER THE REJUVENATING POWER OF EXTRA VIRGIN OLIVE OIL AND PEPTIDE COMPLEX
The new Palmer's Olive Butter Formula Cream Oil combines the deeply nourishing benefits of an oil with the creamy, fast absorbing properties of a lotion.
Crafted with Certified Organic Extra Virgin Olive Oil, it deeply penetrates, nourishes and infuses the skin with essential minerals, vitamins and antioxidants, helping to protect the epidermis from free-radical damages.
Our advanced anti-ageing Peptide Complex further increases the rejuvenating properties of the range, leaving your skin plumper and firmer; essential for a younger-looking body.
NEW!
SILKY SKIN
PALMER'S
OLIVE BUTTER FORMULA™
with Vitamin E
CREAM OIL
Body Moisturizer
Anti Aging Peptide Complex
250ml/8.5fl.oz.e
PALMER'S
OLIVE BUTTER FORMULA™
with Vitamin E
Perfect formula.
Extraordinary results.
Available at Boots the Chemist.
E.T. Browne (U.K.) Ltd., Tel: 020 8418 9543
www.palmersskincare.co.uk
© 2009 E.T. Browne Drug Co., Inc. All Rights Reserved.

'I'm dreading going away with my husband'

Every month, we help solve your emotional problems. This month, relationship therapist Mo Kurimbokus offers advice to reader Sarah*



OUR EXPERT
Mo Kurimbokus specialises in psychosexual and couples counselling. He's also a Relate counsellor and has appeared on *GMTV* and *This Morning* offering relationship advice.



Leave emotional baggage behind and enjoy your hols together.

THE PROBLEM

Sarah*, 43, a teaching assistant, has been married to Dave*, 46, for 23 years. They have three children, all in their teens. Recently, Sarah has started to think she doesn't like her husband any more and they're due to go on holiday alone soon...

MO What attracted you to Dave when you met?

SARAH Dave was the joker at college. I fancied him and he made me laugh. He swept me off my feet. He was a bit older than the guys I usually hung around with, so I suppose I was in awe of him. He's always been the one in charge, but I'm sick of it now.

MO You and Dave have had some good times together and have three lovely children, but your relationship has gone stale. His intentions may be good, but you need to share your feelings with him. You sound like you're uncomfortable being on your own with Dave. You're used to being Mum and Dad, but once the kids have grown up, where does that leave you two?

SARAH That's true. I do feel uncomfortable around him. He's quick-witted and often puts me down in front of other people. Over the years, he's knocked my confidence so many times that I don't know who I am any more. Some days, I just feel useless. I hate myself for putting up with it – but anything for a quiet life.

MO If you're a walkover, Dave can't be held responsible for that. I'm concerned about your low self-esteem. You need to try to build it up. Dave's probably oblivious to how he's upsetting you, and I don't think you're being so submissive necessarily because of him. Could it be you've learnt that behaviour? Was your father controlling?

SARAH Yes, he was. He was always criticising me and my mum and telling her she was overweight. Dave does the same. I was a size 10 when we met, but I've put on weight since having the kids. I'm a size 18 now and only 5ft 3in, and can't shift the weight. Dave jokes that he wants a refund because I'm not the young 'slip of a thing' he married.

MO You've chosen a husband who sounds very similar to your dad – controlling. With the weight issue, Dave's trying to say he'd like you to lose a few pounds, but he's just not going about it in a nice way. He's probably frustrated because he knows you can do something about it. The truth is neither of you is happy, so you need to sort things out.

SARAH Yes, we do. I'm dreading this holiday. I don't even think I like Dave much any more. When he tries to be intimate with me, it makes me cringe.

MO I don't believe your relationship is over. You've built an emotional wall between you and you need to stop bottling up those negative feelings and talk to him. Going away together could be the making of your relationship. Tell him you're so concerned about your marriage that you went to see a therapist and ask him to come along with you in the future. Remember, a relationship is like an expensive violin: tune it, and it will sound lovely. Good luck!

'A relationship is like a violin: it needs tuning'

WHAT SHOULD SARAH DO? You tell us

WHAT OUR READER PANEL SAYS:

- **Tell him everything NOW. I'm shy and not very self-confident either. I nearly broke up with my husband after having our first child. I think he felt left out and kept going out with his mates. I felt rejected. I finally told him and he was really sorry he'd been so insensitive. Just blurt it all out!** *Jenny, 32, Surrey*
- **Remember the good times. Whenever I feel negative about my marriage – and it happens! – I get out photos of when we first met. All those warm feelings I had for him come flooding back. Try it – it really helps.** *Brenda, 48, Tyne Tees*
- **Get intimate again! I've been with my husband for over 15 years and somehow we got out of the habit of making love. I felt really hurt, like he didn't love me any more. I started taking the initiative myself much more and we're back on track now. He admitted to me that he didn't want to push it as he thought I'd gone off him. We're much closer now and you could be, too.** *Colette, 41, Liverpool*

Need more help?

- Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through its website. Go to relate.org.uk or ring 0300 100 1234 for more details.
- Mo Kurimbokus offers one-to-one relationship counselling and sex therapy at mokurimbokus.co.uk.

AS TOLD TO: JULIA SHAW. PHOTOS: GETTY IMAGES. * NAMES HAVE BEEN CHANGED TO PROTECT OUR READER'S IDENTITY

COMING UP... 'I'm at my wit's end. My teenager seems to hate me.' Can you help? To contact us, see page 3.



Shop online at boots.com

Available at most Boots

health updates

All the latest news you need to know to help you and yours stay healthy

NEWS FLASH

Drink green tea to improve eye health, say Chinese scientists. A new study found that antioxidants in the drink can be absorbed deep inside the eye, helping to protect it against disease.



✔ If you do just one thing...

Reap the benefits of olive oil. Dip warm bread in it, use it on salads and as a marinade. It has a vital antioxidant that may be used in new drugs to treat dementia.

✔ If you do one thing less...

Switch off the box and start talking to one another instead! The happiest people watch 20% less TV than the grumpiest, according to a new study.



NEED ANOTHER REASON TO SMILE? The happier you are, the lower your risk of heart disease, says a new 10-year study published in the *European Heart Journal*

Everyone's talking about...

...The French woman's diet

Apparently, it's the secret of 1.5m French women and, with its launch in the UK, *The Dukan Diet* (£12.99, Hodder & Stoughton) has everyone talking. The diet relies on a high protein intake and the near elimination of fats and carbs. It's strict, but weight loss can be as high as 7lb in five days.

Expert verdict: 'For short periods, of course, eating only protein will result in weight loss. But such diets can be unbalanced, and result in you feeling lethargic and a more acid environment in the body, which is not good for kidneys or bones,' says Ursula Arens, registered dietitian at the British Dietetic Association.



70%

That's how much exercising regularly can reduce your risk of gallstones. So, get moving!

Exercise of the month Burpees

This 'army' exercise is great for strengthening your whole body. Start with five, and then increase as your stamina builds.



- Start in a low squat, with feet together, and your hands in front of you. Your bottom should be hovering just above your heels.
- Now, jump back with your legs fully extended into a press-up position.
- Jump back to the start position.
- Stand up and jump up, looking straight ahead with arms raised above your head.
- Land and squat down again into the start position, and repeat.



NAUGHTY CRAVING...

Magnum Mini

(Per 60ml stick: 171 calories, 15g sugars, 11g fat)



SAINTLY SOLUTION...

Del Monte Raspberry Iced Smoothie

(Per 90ml stick: 84 calories, 16.2g sugars, trace fat)

You'll be swapping fats for juicy fruit – and it's half the calories.

Got cystitis?

Try this...

A single capsule of Urell (£11.99 for 15 capsules – naturalalternativeproducts.com; 0845 130 9474) is the equivalent of drinking an additive-free and sugar-free 300ml glass of cranberry juice. And, taken within four hours of the first symptoms of urinary tract discomfort, research suggests you'll knock the infection on the head.

Not this...

Don't take antibiotics unless absolutely necessary to avoid any unpleasant side effects or potential resistance. Most mild bouts clear up on their own within three to four days anyway, say urologists. And remember to avoid caffeine, fruit juices and fizzy drinks that can all make urine more acidic.

Incredible edibles!



Blueberries for healthy bowels

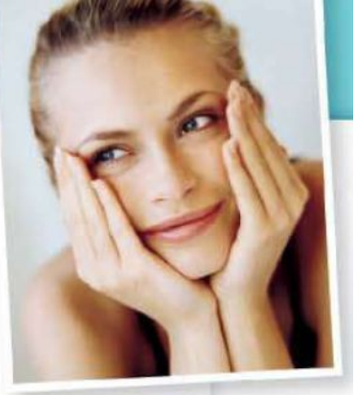
We know blueberries are good for us, and now new research has found that the fibre in them can help prevent intestinal diseases. Researchers say the effect is even better if blueberries are eaten with probiotic yogurts. Yum!



Get your trainers out...

And join the Great Mum Run (netmums.com/go/greatmumrun) – a free programme, designed to get mums from couch to 5k in eight weeks – even if they've never run before. Whatever your BMI, it seems those who run have smaller waistlines. So, let's make the most of these long evenings and get going!

SPOT CHECK: What's causing your headache?



Is the pain in or around your eyes?

YES Eyestrain headache. Get your eyes checked for short- or long-sightedness, astigmatism or hardening of the lens inside your eye. Or update the prescription for your glasses.

NO Is pain on one side of your head, accompanied by light sensitivity and nausea, preceded by fuzzy vision and often made worse by movement?

YES Migraine. Pinpoint – and minimise – your triggers (missing meals, eating certain foods, too much/little sleep). Take painkillers without delay (see your GP for prescription pain relief if necessary) for maximum effectiveness.

NO Is the pain like a tight band or weight around your skull, accompanied by muscle tenderness in the neck?

YES Tension headache. Deal with muscular neck tension by gently massaging the point where the head meets the neck, check posture and take regular computer breaks.

NO Is the pain in the middle of your face and accompanied by a blocked nose or mucus in your throat?

YES Sinus headache. Try painkillers containing a combined decongestant, drink plenty of fluids and breathe in steam from a bowl of hot water to help thin nasal mucus.

NO Is the pain on both sides of the head and accompanied by nausea, restlessness, forgetfulness and/or depression?

YES Medication overload headache. If you're taking painkillers three times a week, see your GP. Try non-drug remedies instead.

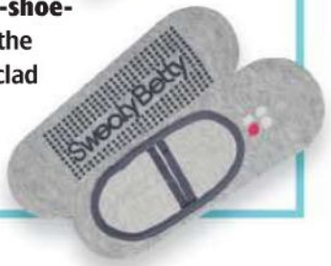
FEATURE: MICHELE O'CONNOR. PHOTOS: CAMERA PRESS; IPC IMAGES; CORBIS

BEST NEW BUYS



- Protect yourself against holiday tummy with **Boots Feel The Difference Probiotic and Prebiotic Capsules** (£7.99, 30 capsules) to keep your gut in tip-top condition. Each capsule provides 4bn friendly bacteria.
- Whether you're holidaying at home or abroad, don't forget a first aid kit. The new **Boots Travel Kit** contains all the essential items for minor first aid treatment, such as cuts, blisters, bites and stings.
- **Sweaty Betty's ballet-shoe-style pilates socks** solve the problem of slipping sock-clad feet thanks to an elastic strap and rubber grips (£8, sweatybetty.com).





True or false?

Muscle weighs more than fat

FALSE This is a physical impossibility – 1lb of muscle and 1lb of fat both weigh 1lb! The difference, however, is in the volume of each – a pound of fat is three times the size of muscle. So, muscle is actually denser, not heavier.

60-SECOND Tip

Get your kids to wash their hands. It's not just good hygiene – a third of children miss two weeks of school due to colds or diarrhoea from not washing their mitts properly, say researchers for Carex.





DID YOU KNOW?

A glass of Champagne is as good for your heart as red wine. It contains high levels of polyphenols – plant compounds that help keep blood vessels dilated, reducing blood pressure, according to a new study. (Cava and Prosecco are thought to have the same effect.) Cheers!

Surgery news

Surgeons at Hammersmith Hospital in London are the first in the world to use ultrasound to treat a patient with bowel cancer. It's hoped that this new technique could be used as an alternative to surgery, chemotherapy and radiotherapy for cancer sufferers in the future.



MACLEANS is a registered trade mark of the GlaxoSmithKline group of companies.

ENJOY WHITER TEETH*AND FRESH BREATH

*When using Macleans Whitening compared to an ordinary toothpaste.



SAVVY DESIGN SECRET

Get the most out of all the sunny areas in your garden by putting seating at any points of interest that tend to catch the sun.

Get a designer garden on a budget

How one reader turned an eyesore into a garden with four wonderfully different areas – all on a shoestring



MEET THE OWNER

Sylvia Monteagle and her sons Alan, 22, and David, 19, live in Harrogate, North Yorkshire. Their garden was a good size, but overgrown, with broken paths and an unkempt lawn. Sylvia decided it was easier to turn the unimaginative space into four distinct areas, one step at a time.

As their budget was tight (less than £1,500 to do the lot), they did all the work themselves, with each area taking a summer to complete. It was time-consuming, but not a great hardship when they had the first area to enjoy while continuing work on the others.

Cottage garden to dine in

This secluded sun trap, surrounded by a border of cottage flowers, including lavender and foxgloves, was given a make-over with paving stones and French-style metal furniture to create an inexpensive stylish patio. The privet hedge adds a green backdrop and an olive tree in a pot that Sylvia picked up at a car boot sale creates another focal point.

GET THE LOOK Lille garden chair, £24.45; table, £45.42, both B&Q. Cottage flowers, from £3, garden centres. Olive tree, £24.99, Crocus.





Tip Don't splash out on expensive metal furniture. Buy secondhand, mismatched pieces, paint them the same colour and they'll look as good as new.

Snooze and swing space

The large lawn area was reduced to a quarter of its original size, making it easier to maintain, and the hedges were kept because they're great for providing privacy. The two trees standing in the middle of the lawn were perfect for hanging an oversized hammock. All around the garden there are eye-catching focal points created by elegant benches, statues and plants in tall pots in the borders.

GET THE LOOK Hammock bought on eBay for £45, or try dotcomgiftshop for a small hammock, £19.95. Most sculptures were bought at car boot sales; Marks & Spencer has a good choice, from £49.50.



Tip Buy large pots of perennials as they can often be divided ztraightaway to make three or more small plants.

Secret corners and hideaways

Reclaimed materials, from old bricks to bits of crazy paving, were used to make a practical but cheap winding path lined with features like a bird-bath propped on an old chimney stack (top). The path runs past the cottage garden area and up to the shed, which was given a coat of blue paint to restore it and is nicely concealed, along with the composter, by shrubs and trees.

GET THE LOOK For similar furniture, Elysées metal garden bench, £175, Garden Trading. Hampton side table, £87.50, Jim Lawrence. Similar size garden sheds, £144.95, gardenbuildingsdirect.co.uk.

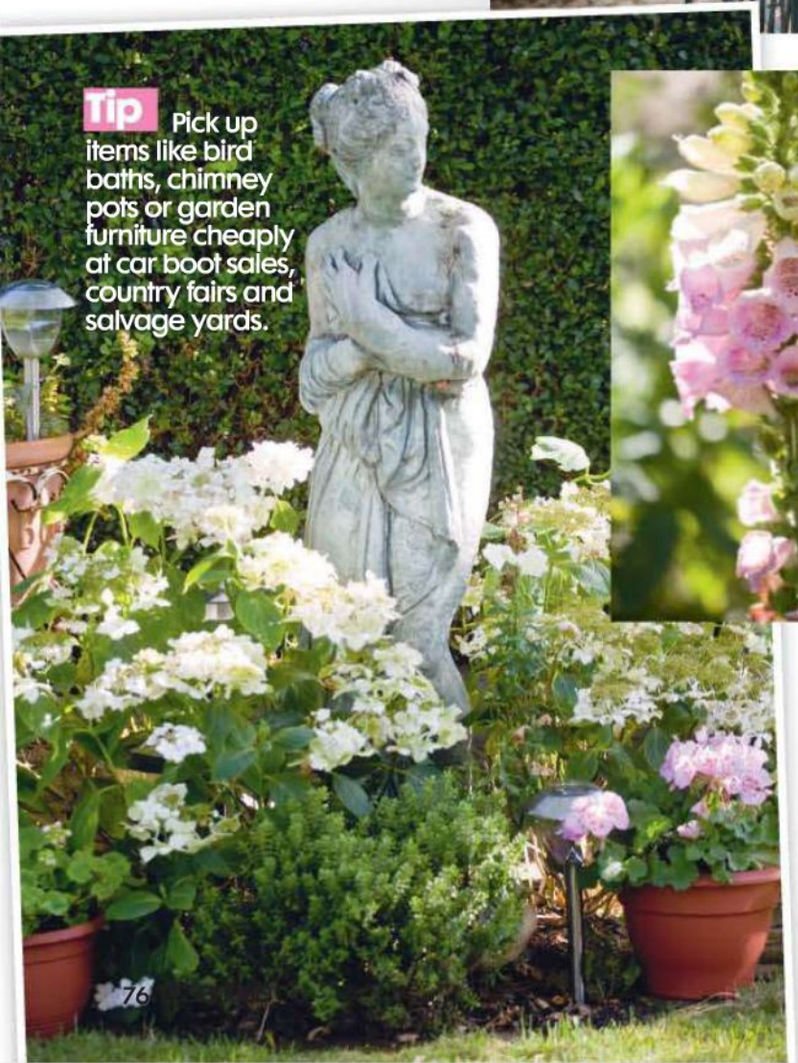
SAVVY DESIGN SECRET

As with a doorway, a pretty arbour acts as an entrance separating the different garden areas.

Tip Look for cheap plants at boot fairs and fêtes or go to gardenswapshop.co.uk where you can buy, sell and swap plants and seeds.



Tip Pick up items like bird baths, chimney pots or garden furniture cheaply at car boot sales, country fairs and salvage yards.



Raised terrace spot

The raised terrace catches the early morning sun, and has steps leading down to the main garden. The biggest job in creating it was digging up the lawn ready to take a deep layer of hardcore, which is the base of the terrace. With the help of her sons, Sylvia worked at weekends to prepare the site before the hardcore was delivered on a lorry, then pounded with a machine to make it level. Flagstones were later laid and green metal furniture chosen to set the scene for easy outdoor living.

GET THE LOOK **Metal garden furniture was bought at sales and fairs, then painted green to achieve a matching look; try Hammerite Direct to Rust Metal Paint, £18 for 1 litre. The arbour was bought on eBay for £65 or go for the Honeysuckle arch, £119, Littlewoods. Greengate stoneware jug with red floral roses, £22.99, from perfectlyboxed.com.**

Cool, soft planting in pots and borders

Pretty, pink and white flowers break up the mostly evergreen borders. The flowers around the statue are hydrangeas; they love shade so they're planted in the less sunny areas, with ferns. Lots of pots make it easy to update planting and hardy white and pink roses complement the main colour theme.

GET THE LOOK **David Austin Roses has a huge choice of pink and white rose varieties; buy four for £39.95, including p&p.**

For stockists, see page 131

FEATURE: JENNIFER NEWTON & HEATHER DIXON. PHOTOS: COLIN POOL



Clean clean clean clean clean

(one for each of the stars Which? awarded us)

With Fairy Platinum's dual action dishwashing tab, you'll not only get sparkling dishes, you'll get a cleaner dishwasher too*. What's more, when Which? tested a range of 12 dishwasher products in March 2010, we were the only product to be awarded five stars for cleaning, and were the best on test. Now that's a dazzling result.

*Compared to regular Fairy dishwasher detergents.

NEW

Thank you cows™

for all the natural dairy goodness you bring to our Müller® Greek Style Yogurt Corner®





- Low fat
- All from natural ingredients

thankyoucows.com

® / ™ and the shape of the twin pot are trade marks of the Müller Group.

Under £20

Outdoors gets glam!

A fabulously stylish and über-elegant garden is just a few decorative buys away...



£15
Just imagine how this will look hanging up – you'll appreciate it just as much as the birds.
Hanging bird feeder, Past Times.



£12.98
Whether your theme is rustic, urban or modern, this will fit in a treat – it gets extra brownie points for being galvanised, too.
Galvanised watering can, B&Q.



£5
This little bird looks really sweet and is just the thing for holding down napkins on breezy days!
Stone paperweight, Lombok.



£9.98
A pair of these will add a touch of grandeur outside your back door.
Heart sconce, Biss & Bloom.



£19.99
Invest in a classic doormat that's hard wearing... and dark enough to hide the dirt!
Cast-iron doormat, Selections.



£12
Sit back and listen to the tinkling of this delicate wind chime as you're relaxing. Aaah...
Enamel butterfly wind chime, Laura Ashley.



£9
Save your voice when calling the kids in from the garden – just use this more sophisticated method!
Decorative garden bell, Cox & Cox.



£12.95 for 25
Practical for hanging out the washing, fun for embellishing branches, fences and lattices.
Birds on the Wire pegs, Pedlars.



£12
Just the thing for collecting your home-grown veg or carrying small garden tools.
Reclaimed wood garden trug, The Orchard.



£10 & £6
How expensive do these look? ... but it doesn't mean they are!
Chrome lanterns, Asda.



£17
For your tomatoes, roses or clematis – or just decorate it with a string of pretty fairy lights.
Willow tomato support, Garden Trading.



from £12.50
Proof that a pot can be just as pretty as it is useful. Kew garden pots, Gardener & Cook.

For stockists, see page 131

FEATURE: FIONA GALLEY

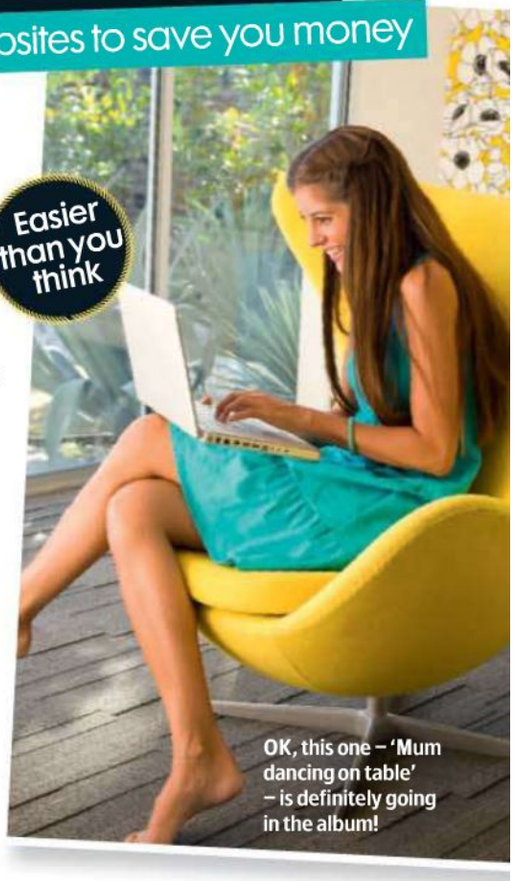
SHOP smarter

...best buys, expert help and websites to save you money

The new style photo album

It's simple to get those holiday snaps you've had stuck behind a computer screen into a gorgeous album

Easier than you think



OK, this one – 'Mum dancing on table' – is definitely going in the album!

How to get a proper album made up

You can get a traditional photo album made up online and then posted out to you with sites like photobox.co.uk or kodakgallery.co.uk. It's easy to use and simple to add in personal captions for each picture as you go and there's a great choice of books: A4, A3, pocket-sized or 'special occasion' books such as baby's first year, which include guide text for inspiration on words to add. Albums printed up start from £5.99 for a mini to £45.99 for a large A3 book (plus p&p).

How to get an online photo album

Pick a photo-sharing website like Flickr, Shutterfly or Photobucket where you can store your photos for ever and share them with whoever you choose. It's also an excellent back-up, so if your computer is ever broken or lost, your photos will be on the site. If you have a Facebook account you can store your photos there, too.

How to get started

All websites vary, but instructions will be clear and easy to follow:

1 Click where it says 'upload photos', find the pictures you want to upload from your computer and click on 'upload'.

2 Your photos will take a few minutes to upload, then you can get to work by clicking 'organise photos' and typing in any details you fancy.

3 Once your album's finished, you can send the link to your friends and family to view. Easy!

essentials Tried it, loved it!

DIY CORNER... A helping hand!

These two fab items from Black & Decker have just launched to make home decorating that bit easier – perfect even for a first-timer.

FOR SANDING, the 4-in-1 Multisander can be used on windows, detailed areas as well as large surfaces. The picture dial is what makes it unique, showing a quick guide for each job.

KA280K-GB 4 in 1 Autoselect Multisander, £59.99, B&Q, Homebase and Argos.



FOR EVERYDAY JOBS like hanging a mirror or putting together Ikea furniture the Easy Access Lithium Screwdriver can get close in. It's easy for getting screws in a straight line, and removes old screws from difficult-to-reach places.

KC460LN Easy Access Lithium Screwdriver, £29.99, Amazon and B&Q.



WIN with essentials **Black & Decker have a 4-in-1 Multisander and an Easy Access Lithium Screwdriver set to give away. Go to page 131 and tick ESSTREAT1 08 or enter by phone or text.**



CANCER RESEARCH NEEDS YOUR KNICK-KNACKS Property guru Sarah Beeny (left) is supporting the new campaign to get us to donate household items to Cancer Research shops. The Charity Begins at Home campaign needs good-quality items, from vases to crockery, to raise funds to beat cancer. For info, visit cancerresearchuk.org/shopping.

NEED TO KNOW

Online ticket scams



Last year thousands of people lost money on scam sites offering tickets for festivals and gigs. The new 'Just Tick It' campaign provides these tips to tick off.

1 How has the website got the tickets to sell? Check with the festival to find out when tickets are being released for sale and sent out.

2 Search the Internet for other people's experiences or reports of the site you are buying from.

3 Check you can contact them, by their full address and a land line phone number, not just a mobile.

4 Ensure that the face value of the tickets and the seat location are clearly stated when you buy them.

5 Make sure there is a refund policy if something goes wrong.

For more information about scam ticket websites and how to protect yourself visit: consumerdirect.gov.uk/ticketscams.

FEATURE: JENNIFER NEWTON. PHOTOS: GETTY IMAGES; CORBIS

TAKE 2 Desktop fans

The humble fan has been given a modern make-over for summer.



TRADITIONAL

Chrome desk fan, John Lewis, £27.

Classic desk fan, with two speed settings and a choice of fixed or oscillating cooling action. Looks retro and is a great price, but the blades and grill do collect dust and grime and it's prone to buffeting.



MODERN

Dyson Air Multiplier, £199.99, Argos.

Super-cool with no blades. Like most fans, it oscillates and it has a dimmer switch for several speeds. Safe for little fingers, cleaner as it won't collect dirt and gives a lovely smooth flow of air.

VERDICT We love the retro look and price of the traditional fan, but prefer the safety and low noise of the modern one. Let's hope the price comes down.

LEARN TO... HAGGLE

Haggling isn't just for when you buy a car or are on holiday, bargaining for most things is now acceptable. You just need to pluck up the courage and ask for a discount. But if you're new to it, don't be scared: a survey by consumer group *Which?* found 85% of Brits who do haggle were able to knock down the price.

HERE'S HOW IT'S DONE

1 **Know the price** Compare prices online and in store, then take printouts as proof of cheaper prices elsewhere.

2 **Pick your time** Go to the shop when it's quieter so they can give you the time. Ask questions to make it clear you're a serious buyer.

3 **Be confident and friendly** Exchange names and keep the conversation warm – a smile always helps. If a staff member states that a price is fixed, ask to speak to a manager. Failing that, ask the manager to call head office. Politely!

4 **If they won't budge on price**, try to get free delivery or an added extra – like free inks if you're buying a printer.

5 **Give a reason for the discount** Some retailers will give a discount without you having to justify it. In bigger stores, though, you may need to, so try the following...

- Tell them, 'I can buy it cheaper elsewhere' and don't be put off by the retailer telling you that shopping online is less safe.
- Look for any defects you can live with – a tattered box is ideal as you're only taking your buy home in it.
- If you're a frequent customer, say so and tell them that a discount will ensure you shop at that store again.



If I smile and ask nicely, maybe they'll give me a few quid off.

BARGAIN HUNTER This month

Colour chic outdoors

The latest outdoor accessories feature the moody colours of the '50s – here are our best buys.



BEST VALUE SET

Value Breeze set with a round table, two chairs and a parasol, £89, John Lewis.

Perfect budget buy for seating, dining and shade all in one. The good-quality, bistro-style table in eucalyptus wood, parasol and two foldable, director-style chairs in pale kingfisher blue are a good-price package.

CHEAP & CHEERFUL CHAIRS

Pastel fold-up wooden chair, £14.99, HomeSense, homesense.com.

Easy to replace old or dodgy chairs at this price. Available in soft yellow or blue.

TOP UP THE TAN

Folding lounger, £15, wilkinsonplus.com.

We love the soft apple green colour – and the price! The steel frame and polyester cover make it easy to keep clean, fully reclines at both ends and folds away for easy storage.

EASY DECS

Pretty floral bunting, £9.99 for 6 metres, The Contemporary Home, tch.net.

A quick way to make a garden special for summer or for prettying up a garden party.

Get it **FREE!**

magicfreebies.co.uk is updated daily with lots of free samples to try. But it's only worth going for recent offers as most companies have a sample limit and once they're gone, they're gone.



Be green

Don't bin your old batteries

Until recently, batteries have been a problem to dispose of safely, but new legislation now makes it easy, as retailers who sell batteries must also supply recycling facilities. Supermarkets like Tesco have battery recycling spots in-store or go to batteryback.org and type in your postcode to find the closest retailer where you can take them. Worth it as they're incredibly damaging when thrown out with the regular rubbish.


THE COLOUR AND DIRT FROM MY WASH HAS STUCK TO THIS CLOTH NOT MY CLOTHES.
THAT WORKS FOR ME.
Every time you wash your clothes, colour and dirt is released into the water. Colour & Dirt Collectors are clever little products that absorb all this, so clothes which would become duller over time look vibrant and new for longer.
You can get Colour & Dirt Collectors as a reusable 30 wash cloth, perfect for those who wash every day, or as single use sheets.
Dr. Beckmann
Colour & Dirt Collector
it works because we care about cleaning...
30
Dr. Beckmann
Colour & Dirt Collector
30 DISPOSABLE SHEETS
it works because we care about cleaning...
Original Dr. Beckmann
It works because we care about cleaning
www.dr-beckmann.co.uk

Meet the proud penny-pinchers

Over the past two years we've all become more money-savvy. So here's a chance to crow and gloat over your best money-saving moments

'I get paid when I buy things'



Sonia Crane, 42, is a freelance beauty therapist living with her partner in Aylesbury.

I kept hearing about online cashback sites like quidco.com and now I'm hooked – I don't buy anything without checking them first! You just log on, find what you want to buy from your favourite shop and the site will give you money back! My biggest payouts were £25 for my car insurance and £20 for opening an online bank account.

ANNUAL SAVING: £60

'We won't buy expensive restaurant wine'

Roz Kenny, 39, is a learning mentor from Bedfordshire and married with two daughters, aged 15 and 10.

Once a week my work friends and I go out for dinner. We were reluctant to give this up, but needed to save money. So now we only choose restaurants where we can take our own wine. Even with corkage we often save £5 a bottle – and we like our wine!

ANNUAL SAVING: £120

'I found baby groups for free'

Lucy Allard, 35, from London, is a full-time mum of a 1-year-old.

I was shelling out £5 a time for baby activity groups, so decided to ring my council to ask about cheaper options. I discovered there were lots of free groups. And by asking around I got a deal for baby swim sessions at the leisure centre, too.

ANNUAL SAVING: £250





Save your pennies – and you'll soon be quids in!

'A water bottle has saved me loads'



Nadine Hill, 35, from West Yorkshire, runs her own company, and is married with two children, aged 7 and 2.

Two small kids cost me a fortune in snacks when we go out; even a Fruit Shoot drink at the Wacky Warehouse centre is over £1 a go and they can get through three each. So I've bought them each a sports bottle and fill it with juice before we go out to save money. And after shelling out £10 on snacks at the cinema, we now take our own sweets; a box of Maltesers is £1 in the shops, but four times that at the cinema – it's a no-brainer as far as I'm concerned.

ANNUAL SAVING: £370



I'm hooked on cashback websites!

'Budgeting really works'



Leah Bryan, 38, is single and a team secretary from London.

I've just cut my hours at work to spend more time making jewellery, so I have had to do something to control my spending. I came up with a Budget Book. I give myself a fixed amount of cash to spend each week and I'm absolutely not allowed to use cards. I write down everything I spend – how much and what on. It's made me think twice before I buy anything that I don't need. I'm now earning less, but I've stopped going overdrawn and I can save £80 a month!

ANNUAL SAVING: £960+

...AND WHAT DIDN'T WORK

'Not such a bargain!'

Lisa Williams, 52, from Watford, is married with two grown-up sons, aged 30 and 26.

I thought I'd save money by using the car park of my supermarket when I met my friends – you get two free hours. One day I was ten minutes late and got a £60 fine. Now I pay for parking – it's not as expensive when I forget the time!

SAVING: £0, but a £60 loss!

'It's just not the same'

Julie Marshall, 46, from Swindon, a receptionist, lives with her teenage daughters, 18 and 16.

I love going to the hairdressers; so rather than give up my luxury I tried college student nights. They're good, but having your hair cut on a Tuesday night instead of a relaxing Saturday isn't the same. Some things are worth paying for!

SAVING: £0

FEATURE: SUE HAYWARD. PHOTOS: IPC IMAGES

5 easy ideas to try today

If you are holidaying at home this summer there are plenty of ways to enjoy the UK

1 Hit the beach



- **CAMBER SANDS, EAST SUSSEX** A golden sandy beach, great for kite flying on a windy day.
- **PORTHMEOR, ST IVES, CORNWALL** Classic surfing beach and you can treat yourself to a creamy Kelly's of Cornwall ice cream cone.
- **SOUTHWOLD, NORTH SUFFOLK** 1950s seaside town that's enjoying a posh nosh revival.

2 Get the train

Soak up the countryside in a steam train.

Embsay to Bolton Abbey, Yorkshire Enjoy this picturesque route through the Dales to famous Bolton Abbey. Visit embsaybolton abbeyrailway.org.uk

Bodmin and Wenford, Cornwall Experience the 1950s on Cornwall's only full-size steam railway. The 13-mile round trip takes in the sights, sounds and smells of a bygone era. Visit bodminand wenfordrailway.co.uk.

Log on to britainsfinest.co.uk/attractions to find your nearest steam railway line.



3 Visit a farm

Many farms open to the public so you can see what goes on. Visit your local council website for details. Or why not stay on a farm? Heather Hugo runs Bokiddick Farm in Bodmin, Cornwall (bokiddickfarm.co.uk), one of the farms that supplies milk to Kelly's of Cornwall and helps make Kelly's ice cream so rich and creamy. Heather offers a range of accommodation where you can relax and feast on sweet treats, such as baked blueberry tarts, *right*.

4 Visit a National Trust house

Joining the National Trust (nationaltrust.org.uk) is great for visiting interesting new places. Antony House in North Cornwall was the location for *Alice in Wonderland*, so try some of these Alice-inspired treats:

Queen of Hearts jam tarts Line a bun tin with shortcrust pastry, half fill with jam and bake. Serve with Kelly's ice cream.

Cheshire cheese scones For savoury scones, replace the sugar with a pinch of salt, mustard powder and crumbled Cheshire cheese. Bake.

Bread and butterflies Cut some bread into butterfly shapes. Pop in tasty fillings.



Blueberry tarts with Kelly's ice cream make a tasty teatime treat

Make it...



5 Heather's baked blueberry tarts with Kelly's ice cream

- Heat the oven to gas mark 6/200°C. Grease a muffin tray, 6 tartlet cases or one large tart tin.
- Blend 160g **cold butter** with 250g **flour** and 60g **caster sugar**. Add a pinch of **salt**, 1 **egg**, a drop or two of **vanilla essence** and blend until you have a sticky pastry dough. Wrap in film and chill for 30 minutes.
- Roll out the pastry thickly and cut circles large enough to line your tray.
- Beat 2 **eggs** with 125g **caster sugar**, 175ml **double cream** and 25g **flour**. Add 500g **blueberries** and the juice of 1 **lemon** or a dash of **creme de cassis**, then stir. Fill the tartlets to the top with the mixture.
- Sprinkle wth a little **caster sugar** and bake for 25-30 minutes or until golden brown. Remove, leave to cool, then turn out on to a cooling rack.
- Serve warm or cold with **Kelly's Clotted Cream Ice Cream**.

'Thick Cornish ice cream tastes delicious with these tarts'

Kelly's supplier and farmer, Heather Hugo

Find out more **Kelly's ice cream is made with Cornish whole milk and clotted cream for that great, creamy texture. Kelly's Clotted Cream Cornish Ice Cream is sold in supermarkets from just £2.99 for 1 litre.**



KELLY'S of Cornwall



Food bites

Food Editor Jennifer Bedloe with hot new products, ideas and tips



BAKING QUEEN!



What will they think of next!

KITCHEN HERO

3 reasons why I love Lakeland!

1 The jam-packed catalogue is full of quirky gadgets I didn't know I needed! Like this avocado knife, £4.99, that removes the stone and ripe flesh with ease.

2 Just stepping inside a Lakeland shop makes me feel my life is going to be so much more organised! The staff are really friendly – and really helpful!

3 I love clicking onto lakeland.co.uk and having a browse or you can call 01539 488 100.

DRINK NEWS

Blast from the past!

I couldn't help but chuckle when I heard Heston Blumenthal challenged City workers to a blind tasting of fizzy Blue Nun and over 50% of them thought it was Champagne! If you want to try it for yourself, you can get Blue Nun Gold Edition (with actual gold pieces – how 80s is that?) on special offer for £6.99 instead of £7.99 at drinks2home.co.uk.



Reader tip

'Make my really tasty and quick coleslaw by mixing a pack of raw stir-fry veg with some soured cream, mayo and horseradish. It's great to serve up with burgers and bangers.' **Clare Brown, Buckinghamshire**

Make it...

Vanilla whoopie pies

Recreate the latest baking craze... Heat oven to Mark 4/180°C. Cream together 125g **butter**, softened, and 200g **caster sugar** until pale and creamy. Beat in 1 beaten **egg**. Sift 400g **plain flour**, 1½tsp **Dr Oetker Bicarbonate of Soda** and ½tsp salt together and add to the eggs with 250ml **buttermilk**. Line 3 baking trays and, using an ice cream scoop, drop 6-8 scoops of mixture onto each (allow for them to spread). Bake for 12-14 mins until risen and golden. Transfer to a wire rack to cool. Beat together 150g **butter**, softened, and 250g **icing sugar** with a few drops of **vanilla extract** and use to sandwich cakes together. Decorate with **Dr Oetker Fairy Cake Icing**.

◆ **MAKE 'EM CHOCOLATEY...** just add 50g of sieved cocoa powder to the mixture.

...or cheat it! **Sandwich together your favourite biscuits with ready-made cake frosting and decorate in a similar way.**

essentials Tried it, loved it!

BBQ burgers with a difference



The Co-op Truly Irresistible Aberdeen Angus Chilli Beef Burgers, £2.49 for two or two packs for £4 Wow, the jalapeño is mighty hot – these are adult-only burgers! Two good-size, good-quality burgers... excellent value.



Tesco Finest British Beef Burgers with Monterey Jack Cheese and Jalapeño Chilli, £3 for four These aren't too thick, so no worries about serving up under-cooked burgers! Really meaty and delicious with a nice little kick, but not too spicy.



Sainsbury's TTD British Burgers with West Country Cheddar and Fresh Chives, £3.29 for four or two packs for £5 All-in-one cheeseburgers – brilliant! Excellent-quality meat with not a bit of gristle, nice flavouring and cooked up with no shrinkage.

The new pesto



I'm addicted to the new Sacla Wild Garlic Pesto! Try these quick ideas...

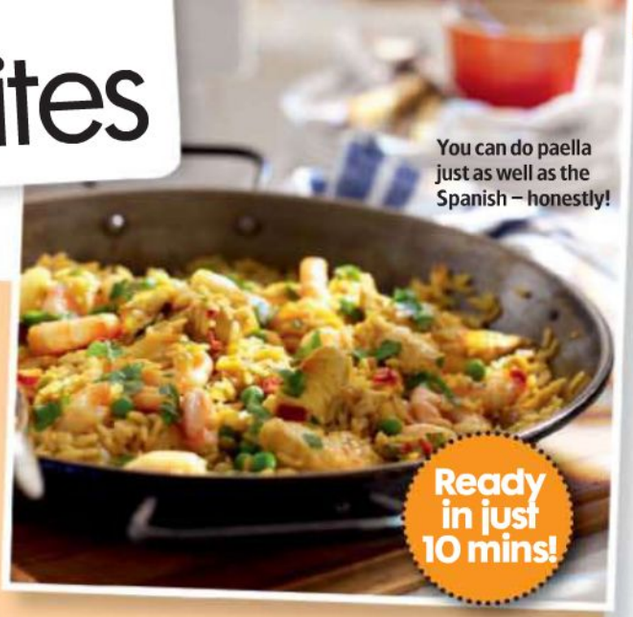
SPREAD ON... toasted ciabatta and top with shavings of Parmesan.

STIR INTO... cooked pasta and throw in some fried mushrooms and peas.

MIX INTO... mashed potatoes, with olive oil and freshly ground black pepper.

Sacla Wild Garlic Pesto, £1.99, from Waitrose and independent shops.

Food bites



You can do paella just as well as the Spanish – honestly!

Chicken & prawn paella

Serves 4
£2.05 per person

Cook 1 **onion**, sliced, and 2 **cloves garlic**, crushed in 1tbsp **sunflower oil**, for 1 min. Add 300g **chicken fillets**, cubed, and ½tsp **turmeric** and cook for 2 mins. Add 2x250g packs **Uncle Ben's Express Golden Vegetable Rice** and 300ml **chicken stock**, mix well and simmer for 3 mins. Add 150g **tiger prawns** (fresh or frozen and defrosted) and cover with a lid. Continue to cook for a further 2 mins or until the chicken is cooked through. Serve sprinkled with **parsley**.

Use it up!



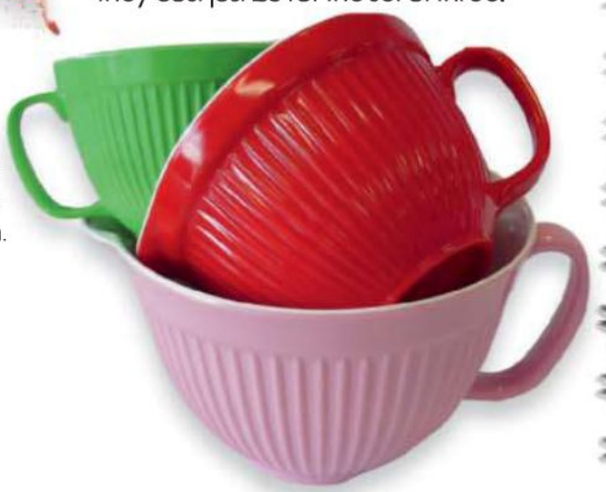
Got a jar of smoked paprika lurking in your cupboard? It's not just for chillies or goulash, use it to add flavour to your midweek favourites...

MARINADE... Add to olive oil with lemon and garlic to make a really quick marinade for chicken.

TOP... Stir into mayo with lemon and parsley and you've got a tasty topping for burgers and fried fish.

SAVOURY... Sprinkle over wedges for a yummy savoury taste. Top with melted cheese for a naughty take on nachos.

WE ♥ ...the new Waitrose Sweet Peas & Swallows kitchen range. These cute little measuring cups are a must-have for my kitchen and they cost just £5 for the set of three.



Alfresco kitchen



A gas BBQ means you can fire it up at any time (and you don't have to wait ages for the coals to light!). Broil King's Signet 40 has three main burners and an oven compartment for rotisserie or roasting – you'll never want to cook indoors again! Go to broilkingbbqeu.com to see the full range and for your nearest stockists.

WIN with essentials We've got a Signet 40, worth £601.95, to give away to one lucky reader. For your chance to win, turn to page 131 and tick ESSTREAT1 10 – you can enter by phone and text, too.

What's new in store

My round-up of the best new goodies to pop in your trolley this month...

Ready to BBQ...



You've got to try the new Bigham's range, which is prepped, marinated and ready to sling on the Barbie. How easy does life get? £4.99 a pack from Waitrose and ocado.com.



Best-ever olives

They're a bit like Marmite, you either love or hate 'em, but I'm sure that if you give the new range of Olives from Filippo Berio a try, you'll be a convert. £2.79 a jar from Sainsbury's.

Make it a Mexican



Have a fiesta night – M&S has done all the work for you! I'm loving the Smoky BBQ Fajita Kit (£2.99).



Get fruity!

How good does Strawberry & Rhubarb, Cherry & Pomegranate and Peach & Passion Fruit sound? These little Fruit Deli pots of creamy loveliness from Dr Oetker are so good, you'd better give each combo a try! 65p each from supermarkets.

Tipple twist!



Bet you didn't try this in Italy on your hols! Go on give Luxardo Raspberry Sambuca a try before your friends start serving it up! £15.99 from Tesco.



Healthy & low-cal!

At a little over 300 cals a pot Glorious! Skinny Soups are just what you need to help you lose the last couple of pounds before your hols! £1.79 each, Morrisons.

FOOD BUYS & TASTE TEST: SUE LINFORD. PHOTOS: IPC IMAGES

Unilever

BBQs LOVE HELLMANN'S



For the taste
that can only be



hellmanns.co.uk

Made with free range eggs, Hellmann's is the perfect BBQ ingredient.

essentials Fantastic subscription offer!

12 ISSUES FOR ONLY £18

THAT'S JUST £1.50 AN ISSUE

- ✔ Get a whole year of essentials and **save £14.50**
- ✔ FREE delivery every month!
- ✔ Never miss an issue again!



3 easy ways to pay

Phone Online By Post

The Direct Debit guarantee: This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit IPC Media Ltd. will notify you ten working days in advance of your account being debited or as otherwise agreed. If you request IPC Media Ltd. to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit, by IPC Media Ltd. or your bank or building society you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when IPC Media Ltd. asks you to. You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

Spoil yourself or treat a friend...

HURRY! Offer closes 5 August 2010



I wish to subscribe to the following:

☐ £18 by annual Direct Debit, saving 45% on the full price of £32.50. That's just £1.50 an issue

Or if paying by debit card, credit card or cheque:

☐ 1 Year £21.15 saving 35% (full price £32.50)

☐ 2 Years £39 saving 40% (full price £65)

YOUR DETAILS

Mrs/Ms/Miss/Mr Forename

Surname

If you would like to receive emails from IPC and ***essentials*** containing news, special offers and product and service information and take part in our magazine research via email, please include your email address.

Email

Address

Postcode

Home Tel (inc. area code)

Would you like to receive messages to your mobile from IPC and ***essentials*** containing news, special offers, product and service information and take part in our research? If yes, please include your mobile phone number here.

Mobile

Year of Birth Y Y Y Y

TO GIVE A GIFT SUBSCRIPTION

Please fill out both the recipient's details below and the 'Your Details' section on the above. To give more than one subscription, please supply address details on a separate sheet.

Mrs/Ms/Miss/Mr Forename

Surname

Address

Postcode

If the person receiving the subscription is under 18, please write their year of birth here

Year of Birth Y Y Y Y

THREE EASY WAYS TO PAY

1. Simply complete the Direct Debit instruction below
2. I enclose a cheque/postal order made payable to IPC Media Ltd, for the amount of £
3. Please debit my ☐ Visa ☐ MasterCard ☐ Amex ☐ Maestro

Card Number (Maestro)

Expiry date / Issue no / Start date

Signature Date

(I am over 18)

PAY £18 BY ANNUAL DIRECT DEBIT

Instruction to your Bank or Building Society to pay by Direct Debit

For office use only. Originator's reference - 764 221

A/C no

Name of Bank

Address

Postcode

Account name

sort code account no.

Instruction to your Bank or Building Society: Please pay IPC Media Ltd. Direct Debits from the account detailed on this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with IPC Media Ltd and, if so, details will be passed electronically to my Bank or Building Society.

Signature Date

(I am over 18)

This offer is only open to new UK subscribers only. This offer is for a minimum term of 12 months and refunds cannot be issued during this initial period. This is discounted from the full subscription rates published in the magazine. The full subscription rate includes p&p. Gifts are subject to availability and will be delivered separately within 28 days, after your first payment has been taken. The closing date for this offer is 5th August 2010. ***essentials*** is published 12 times a year. Please allow up to six weeks for delivery of your first subscription issue. If the magazine order changes frequency per annum we will honour the number of issues paid for, not the term of the subscription. **For enquiries and overseas rates please call +44 (0)844 848 0848, fax: +44 (0)845 675 9101 or email: ipcsubs@quadrantsubs.com. *essentials*,** published by IPC Media Ltd (IPC), will collect your personal information to process your order. ***essentials*** and IPC would like to contact you by post or telephone to promote and ask your opinion on our magazines and services. Please tick here if you prefer not to hear from us. ☐ IPC may occasionally pass your details to carefully selected organisations so they can contact you by telephone or post with regards to promoting and researching their products and services. Please tick here if you prefer not to be contacted. ☐ IPC would like to send messages to your mobile with offers from carefully selected organisations and brands, promoting and researching their products and services. If you want to receive messages please tick here. ☐ IPC would like to email you with offers from carefully selected organisations and brands, promoting and researching their products and services. If you want to receive these messages please tick here. ☐

12S

Return to: *essentials* Subscriptions, FREEPOST CY1061, Haywards Heath, West Sussex RH16 3BR (No stamp required)

Order hotline

0844 848 0848

Lines open 7 days a week 8am–9pm.
Please have your bank details ready. Quote code 12S

or online at magazinesdirect.com/iesft



From the publishers of Ideal Home, a website for compulsive gatherers of colours, planners of projects, dreamers of new rooms, greeners of planets, calculators of costs, comparers of cushions, pruners of gardens, storers of toys, diyers and decorators, seekers of wisdom and all that makes a house a home.

www.housetohome.co.uk – you get the idea

housetohome

Create a look you'll love

cut out and keep

32 PAGE MAGAZINE

essentials

Make it easy!

How to spend less & live better

NEW! We've got even more fab recipes for you to try. Just go to our new website **www.goodtoknow.co.uk/essentials**



49 new recipes to try

Our Food Editor Jen Bedloe says: 'Every recipe in *essentials* is tested and retested to make it foolproof. We cook our recipes in real time, so you can be sure they work a treat.'

TRUST US! Created for you in the essentials kitchen



Give our no-hassle, sharing menu a go... and party!



Your lazy Sunday lunch sorted. Doesn't this look fab?



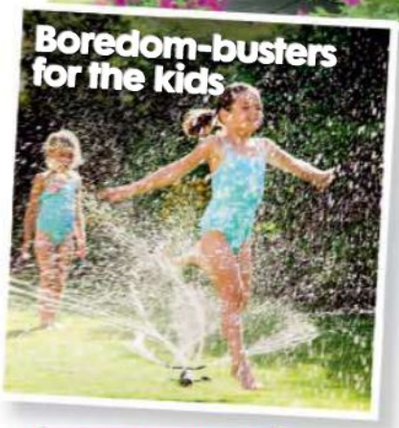
Fast family meals in 15 mins – they'll be back for more



Blackcurrant & white choc cheesecake – so naughty!

PLUS





SPECIAL



in association with wilkinson

Delicious dishes made for sharing

Impress your friends with this tasty sharing menu. It's perfect for summer – just mix and match whichever dishes you fancy

ALL RECIPES SERVE 6 AS PART OF A SHARING MENU



Cranberry cooler

Fill a large jug half-full of crushed or broken ice. Pour over 200ml Cranberry Flavoured vodka (we used Finlandia), 750ml cranberry and pomegranate juice drink, and the juice of 2 limes. Mix well and leave for 5 mins for the flavours to mingle. Pour into glasses and top with extra lime wedges and more ice.

Prawn ceviche served on tortillas

If you're after a recipe to wow your friends with this summer – this is it!

Ready in 20 mins • 280 cals per serving • 5g fat • 1g sat fat

- ☐ 400g large raw prawns
- ☐ zest and juice of 2 limes
- ☐ ½tsp Maldon sea salt flakes
- ☐ 6 shallots, peeled and finely chopped
- ☐ 275g fresh tomatoes, deseeded and chopped
- ☐ 3tbsp fresh tomato and chilli pasta sauce
- ☐ small handful fresh coriander, roughly chopped
- ☐ 8 corn tortillas
- ☐ 2-3tbsp olive oil

Tip This recipe would work well with tinned or fresh white crab meat, too. Delish!



1 Blanch the **prawns** in boiling water for 1-2 mins, until just turning pink. Drain well, transfer to a bowl and add the **lime juice**, **salt** and **shallots** and toss together.

2 In another bowl, mix the **tomatoes**, **chilli sauce** and **coriander**; add to the prawns.

3 Heat a dry frying pan until hot. Generously brush the **tortillas** on both sides with **olive oil**. Fry for 1-2 mins each side, then transfer to a cooling rack to crispen. Cut into triangles and top with the prawn mixture.



Avocado & tomato salad

This combo is so popular and no wonder – it looks fab and is full of juicy flavours.

Ready in 10 mins • 223 cals per serving • 22g fat • 4g sat fat

- ☐ 2 avocados, de-stoned and sliced
- ☐ 250g ripe medium tomatoes, halved
- ☐ small handful fresh basil
- ☐ 290g jar pitted kalamata olives, drained
- ☐ 40g pine nuts, toasted

FOR THE DRESSING

- ☐ 2tbsp olive oil
- ☐ 1tbsp wholegrain mustard
- ☐ 1tsp honey
- ☐ 2tbsp balsamic vinegar

1 Arrange the **avocado** slices and **tomatoes** in a bowl; scatter with the **basil**, **olives** and **pine nuts**. Mix all the **dressing ingredients** together and season to taste. Drizzle over the salad and serve.

Lamb cutlets with pistachio crust

Give this a go and you'll never return to plain old unadorned lamb chops!

Ready in 25 mins • 443 cals per serving • 31g fat • 7g sat fat

- ☐ 100g pistachios, shelled
- ☐ 75g breadcrumbs
- ☐ 1tsp dried oregano
- ☐ 2tbsp fresh mint, finely chopped
- ☐ 2tbsp olive oil
- ☐ 8 lamb chops
- ☐ 1tbsp Dijon mustard

FOR THE MINT SAUCE

- ☐ large handful fresh mint, leaves only, finely chopped
- ☐ 1 shallot, finely chopped
- ☐ ½tsp sugar
- ☐ 6tbsp olive oil
- ☐ 2tbsp cider vinegar

1 Whizz the **pistachios** in a food processor, then add the **breadcrumbs** and pulse to combine. Season and stir in the **oregano**, **mint** and **olive oil**. Heat the oven to Mark 6/200°C.

2 Brush one side of each **chop** with **Dijon mustard**, then press the crumb mix on top. Arrange, crumb side up, on a grill rack/roasting tin. Cook the chops in the oven for 8–12 mins until cooked to your liking.

3 Meanwhile, put all the **mint sauce ingredients** in a clean jar, put the lid on, shake well and serve on the side.

tip These lamb cutlets also work well served with fresh greens and buttery new potatoes for a tasty midweek meal.

Chorizo & chickpeas in red wine

So simple, yet so yummy. Mop up that tasty sauce with crusty bread – heaven!

Ready in 25 mins • 460 cals per serving • 26g fat • 10g sat fat

- ☐ 400g cooking chorizo
- ☐ 200ml robust red wine
- ☐ few sprigs rosemary, leaves only, chopped
- ☐ 400g tinned tomatoes
- ☐ 400g tin chickpeas, drained
- ☐ 2 cloves garlic, finely chopped
- ☐ squeeze of lemon juice
- ☐ small handful flat-leaf parsley, chopped

1 Heat a dry, heavy-based frying pan until hot, add the **chorizo** and fry over a medium heat for 3-4 mins until it begins to release some fat. Pour in the **wine** and bubble for 1 min.

2 Add the **rosemary**, **tomatoes**, **chickpeas** and **garlic** and simmer gently for 15-20 mins. Add the **lemon juice**, then season to taste with salt, pepper and a pinch of sugar. Stir through the **parsley** just before serving.



Tip This crumb mix tastes fab on chicken breasts, too. Make sure the pieces aren't too big, so they cook through properly.

Crunchy almond cod goujons with aïoli

These make great nibbles – and you'll be fighting over the delicious dip!

Ready in 40 mins • 616 cals per serving • 38g fat • 7g sat fat

- ☐ 100g blanched almonds, crushed
- ☐ 100g breadcrumbs
- ☐ 600g sustainably sourced cod fillet or hake, cut into pieces
- ☐ 2tbsp plain flour, seasoned
- ☐ 2 free-range eggs, beaten
- ☐ 500ml vegetable oil for shallow frying

FOR THE AÏOLI

- ☐ 200g mayo (low-fat works fine)
- ☐ 1 clove garlic, very finely chopped
- ☐ zest and juice of ½ lemon
- ☐ small handful of flat-leaf parsley, finely chopped

1 Whizz the **almonds** in a food processor, until roughly chopped. Add the **breadcrumbs** and season, then pulse briefly to combine.

2 Toss the **fish pieces** in the **flour** and dip into the **beaten egg**, then in the breadcrumb mixture until evenly coated.

3 Heat the **oil** in a large pan, until a cube of bread turns golden in 30 secs. Fry the goujons in batches for 3-4 mins until crispy, golden and cooked through.

4 Mix **all the aïoli ingredients** together and chill until ready to serve.

Our new chip crush – we just can't get enough of them!



Truffle chips with Parmesan

Just when you thought chips couldn't get any better... they have!

Ready in 40 mins • 200 cals per serving • 9g fat • 2g sat fat

- ☐ 1kg Desirée potatoes, peeled
- ☐ 2tbsp truffle-infused extra virgin olive oil, plus extra to serve
- ☐ 2tbsp olive oil
- ☐ 20g Parmesan, finely grated, plus extra shavings to serve
- ☐ 1tsp sea salt flakes

1 Heat the oven to Mark 8/250°C or as high as it will go. Cut the **potatoes** into 1cm chips. Blanch in boiling water for 3 mins, drain, then pat dry with kitchen towel.

2 Transfer to a large roasting tin (or 2 tins as they need to be in a single layer). Drizzle with both **oils**, toss together and sprinkle with **Parmesan** and **salt**.

3 Bake for 15–20 mins, turning occasionally, until crisp and cooked through. Taste, and drizzle with a little more truffle oil if needed. Top with extra Parmesan shavings.

Tip Flavour up oven chips instead: try mixed herbs, cayenne pepper or flavoured salts.

Mozzarella with chilli & rocket

This is such a simple assembly job, yet it looks – and tastes – stunning.

Ready in 5 mins • 260 cals per serving • 21g fat • 12g sat fat

- ☐ 2tbsp extra virgin olive oil
- ☐ zest and juice of ½ lemon
- ☐ 1tsp runny honey or sugar
- ☐ 1 fresh red chilli, deseeded and finely chopped
- ☐ 500g buffalo mozzarella, drained
- ☐ 50g wild rocket leaves

1 For the dressing, whisk together the **olive oil**, **lemon juice** and **zest** and **honey**, then stir in the **chilli**. Set aside.

2 When ready to serve, tear the **mozzarella** into large pieces and arrange on a serving platter. Scatter with the **rocket** leaves and drizzle the dressing over.

What to drink...

◆ If you fancy some fizz (and why not?) Codorníu Selección Raventós is a delicious Spanish cava. It's great served chilled as an aperitif (instead of the cocktail) and will also taste fab with the prawn ceviche and fish goujons. £9.99, Majestic and Oddbins.



Cheat's chocolate surprise

A bit of cream... drinking chocolate... add in a few biscuits, and Bob's your uncle – you've got a wicked pud!

Ready in 15 mins • 713 cals per serving • 59g fat • 34g sat fat

- ☐ 500ml double cream
- ☐ 5tbsp Cadbury's drinking chocolate
- ☐ 150g Seeds of Change hazelnut and walnut chocolate, chopped
- ☐ 12 Fox's Crinkles chocolate biscuits
- ☐ 2tbsp icing sugar
- ☐ ½tsp vanilla extract

1 Whisk half the **cream** with the **drinking chocolate** until thick (be careful not to overwhip) and stir through half the **chocolate pieces**.

2 Sandwich pairs of the **biscuits** together with some of the chocolate cream. Then arrange in two parallel rows next to each other on a rectangular platter. Spread the remaining chocolate cream over the top and sides.

3 Whisk the remaining cream with the **icing sugar** and **vanilla** and spoon over the top. Sprinkle with the rest of the chocolate pieces and chill until ready to serve.

Tip Like a stronger flavour? Add some coffee extract to the chocolate cream.



NEW!
Want more brilliant recipes for food for friends? Go to our new website **www.goodtoknow.co.uk/essentials**

NEXT MONTH... Easy dinners for every occasion

FEATURE: LUCY JESSOP. FOOD STYLING: JENNIFER BEDLOE & PHIL MUNDY. PHOTOS: MYLES NEW. PROP STYLING: RACHEL JUKES

cut out and keep

essentials Make it easy!

Lazy Sunday lunch with the family

Lighten up lunch (and make it easy on yourself) with these recipes, packed with colour, flavour and ease

ALL RECIPES SERVE 6



Did you know?

Spatchcock isn't a type of chicken or poussin, but a preparation and cooking technique.

Lemony spatchcock chicken & gremolata

We've spatchcocked our chicken to make it super-easy to cook on the BBQ or under the grill. You'll love the zesty, herby topping.

Ready in 40 mins • 261 cals per serving • 13g fat • 2g sat fat

- ☐ 1.4kg free-range chicken
- ☐ 1tbsp olive oil
- ☐ juice of ½ lemon

FOR THE GREMOLATA

- ☐ handful each of flat-leaf parsley and tarragon, roughly chopped
- ☐ large handful breadcrumbs
- ☐ zest and juice of 1 lemon
- ☐ 2tbsp capers, drained and rinsed
- ☐ 2 cloves garlic, chopped
- ☐ 4tbsp extra virgin olive oil

1 Put the **chicken** on a board, breast side down. Run a sharp knife along the edge of one side of the backbone, then along the other side to remove it. Open out, then turn the chicken over and press down firmly to flatten it. Rub the skin with the **olive oil** and **lemon juice** and season well.

2 Cook, skin side down, on the BBQ – or skin side up under the grill – for 10–15 mins, then turn over and cook for a further 15–20 mins or until cooked through and the juices run clear.

3 Put **all the gremolata ingredients** into a small food processor, season and whizz.

4 Serve the chicken with the gremolata spooned over the top.

Tip Cheat it – if you haven't much time, swap the gremolata for basil pesto.

On the side...



Tip Some left over? Add crumbled feta, cannellini beans and chopped olives for a tasty packed lunch!

Green bean, spinach & sun-blush salad

Just look at these gorgeous colours – it's a work of art!

Ready in 15 mins • 105 cals per serving • 9g fat • 1g sat fat

- ☐ 200g fine green beans, trimmed
- ☐ 240g tub sun-blush tomatoes, drained
- ☐ 100g baby spinach leaves
- ☐ 25g blanched hazelnuts, toasted and roughly chopped

FOR THE DRESSING

- ☐ 1tbsp wholegrain mustard
- ☐ 1tsp sugar
- ☐ 1tbsp sherry vinegar
- ☐ 2tbsp olive oil

1 Cook the **green beans** in boiling water for 4–5 mins until tender, drain and run under cold water to refresh. Transfer to a bowl with the **sun-blush tomatoes**, **spinach** and **hazelnuts**.
2 Put **all the dressing ingredients** into a clean jar. Shake well and season to taste. Drizzle over the salad and toss together.

Summery, creamy horseradish potatoes

Mmm... these are soooo moreish – and you can never have too many ways to serve up potatoes!

Ready in 15 mins • 287 cals per serving • 17g fat • 11g sat fat

- ☐ 1kg baby new potatoes

FOR THE DRESSING

- ☐ 250g crème fraîche
- ☐ 3–4tsp English Provender Company Hot Horseradish
- ☐ 20g pack chives, chopped
- ☐ 1 red onion, finely chopped

1 Cook the **potatoes** in boiling water until tender; drain well.
2 Mix together **all the dressing ingredients** and toss with the potatoes. Season to taste.





Tip To turn this into a filling main meal, add tinned Puy lentils and sliced halloumi cheese to the filling before baking.

Piedmont peppers

Sweet, juicy and packed full of Mediterranean summery flavours, these are lovely enough to serve as a veggie main, too.

Ready in 1 hr • 150 cals per serving • 12g fat • 2g sat fat

- ☐ 3 red peppers, halved and deseeded
- ☐ 12 cherry tomatoes, halved
- ☐ 12 artichokes from a 200g jar
- ☐ 12 olives stuffed with anchovies
- ☐ 2 cloves garlic, finely chopped
- ☐ 5tbsp extra virgin olive oil
- ☐ fresh basil leaves, to serve

1 Heat the oven to Mark 6/200°C. Arrange the **peppers**, cut side up, in a large roasting tin. Divide the **tomatoes**, **artichokes**, **olives** and **garlic** equally between the empty pepper shells to fill them.
2 Season each well with black pepper and drizzle with the **oil**. Cover with foil and bake in the oven for 50 mins until soft. Remove foil for the last 15 mins. Sprinkle with **fresh basil** just before serving.

Veggie main

Pesto-y mushroom & asparagus tart

This is so yummy, you might even convert a few meat-eaters!

Ready in 30 mins • 440 cals per serving • 32g fat • 13g sat fat

- ☐ 375g pack ready-rolled puff pastry
- ☐ 1tbsp olive oil
- ☐ knob butter
- ☐ 500g mixed mushrooms (button, field and chestnut), cleaned and sliced
- ☐ 125g fine asparagus, cut into 3-4cm lengths
- ☐ 2 cloves garlic, finely chopped
- ☐ 290g jar Sacla Wild Mushroom Antipasto, drained
- ☐ 2 heaped tbsp basil pesto
- ☐ 250g ricotta
- ☐ 60g Parmesan, finely grated
- ☐ Parmesan shavings to serve (optional)

1 Heat the oven to Mark 7/220°C. Unroll the **pastry** onto a lightly greased baking tray. Score a 1cm border around the edge. Within the border, prick all over with a fork. Bake for 10 mins.

2 Meanwhile, heat the **oil** and **butter** in a large saucepan. Add the **mushrooms** and cook over a high heat for 5-10 mins until golden, then toss through the **asparagus** for 1 min. Remove from the heat and stir in the **garlic, Wild Mushroom Antipasto** and **pesto** and season to taste.

3 In a small bowl, mix the **ricotta** with the **Parmesan** and season with black pepper. Spread this over the base of the tart, then spoon over the mushroom filling. Return to the oven for 5-10 mins until heated through. Sprinkle with **Parmesan shavings** to serve.



Wow! This looks and tastes so amazing – no one will ever guess how easy it was to make

Pudding

Mini passionfruit & lime curd pavs

This tropical fruit combo is like an exotic summer on a plate! Perfect for prepping ahead, too.

Ready in 1 hr 15 mins + cooling time
• 521 cals per serving • 40g fat • 23g sat fat

- ☐ 3 large free-range eggs, separated
- ☐ 175g caster sugar
- ☐ ½tsp white wine vinegar
- ☐ 1 level tsp cornflour
- ☐ 1tsp vanilla extract

FOR THE LIME CURD

- ☐ zest and juice of 2 limes (about 60ml)
- ☐ 85g unsalted butter, cut into cubes
- ☐ 225g granulated sugar
- ☐ 3 medium free-range eggs, lightly beaten

TO SERVE

- ☐ 400ml double cream
- ☐ juice of 4 passionfruits

Melt in the mouth!

1 For the **meringues**, set the oven to its lowest setting. Whisk the **egg whites** until stiff, then gradually add the **sugar** in 3 stages, whisking continuously until thick and glossy. Then whisk in the **vinegar**, **cornflour** and **vanilla extract** until the mixture forms stiff peaks.

2 Spoon 6 rounds (about 8cm in diameter), well spaced onto lined baking trays. Bake in the oven for 1 hr. Turn off the oven and leave to cool.

3 Put **all the lime curd ingredients** into a heavy-based pan, and heat very gently, stirring constantly for 10–12 mins until smooth and thick. Transfer to a bowl and leave to cool.

4 To serve, whisk the **cream** until softly whipped and swirl through 3tbsp of the **lime curd**. Divide equally between the meringues, drizzle with more curd and **passionfruit juice**.

Tip Always use older eggs for making meringue – the whites whisk more easily.

No wonder it's called passionfruit – we can't get enough of it!

What to drink...



◆ For a citrussy, crisp white wine that will taste fantastic with the herby chicken, try Robert Mondavi Private Selection Sauvignon Blanc, £9.99 at Tesco.



◆ If you prefer red, try this South African Shiraz – Boschendal 1685 Shiraz 2008, £8.16 at Sainsbury's. It has dark berry flavours and is perfect for summer.



◆ Campo Viejo Tempranillo Rosé 2009 (£6.49, Sainsbury's, Asda, Morrisons) is a fun and fresh wine with zesty flavours, just right for this lunch.

NEW!
Want more sizzling, summery lunch recipes to try? Go to our new website **www.goodtoknow.co.uk/essentials**

FEATURE & FOOD STYLING: JENNIFER BEDLOE & LUCY JESSOP. PHOTOS: CHARLIE RICHARDS. PROP STYLING: RACHEL JUKES

cut out and keep

Fast family meals in just 15 minutes!

essentials Make it easy!

Who needs loads of time and money to eat well? These tasty recipes show you don't. We've worked out the fat, cals and cost, too

ALL RECIPES SERVE 4



£2.05 per person

Light 'n' lovely salmony linguine

Gorgeously creamy, but not too rich – yet another winning pasta dish for your repertoire!

Ready in 15 mins • 440 cals per serving • 11g fat • 5g sat fat • 0 of your 5-a-day

BUY FRESH...

- ☐ 250g pack ricotta
- ☐ 150g hot smoked salmon, skinned and flaked, or Marks & Spencer Arbroath Hot Smoked Lochmuir Salmon Flakes
- ☐ 100g smoked salmon, torn into strips
- ☐ small bunch dill, roughly chopped









CHECK YOU'VE GOT...

- ☐ 300g linguine
- ☐ zest and juice of 1 lemon, plus wedges to serve

How to...

1 Cook the **pasta** according to pack instructions. Drain quickly and return to the pan with 3–4tbsp of the cooking water.

2 Stir the **ricotta** into the pasta, then fold in the **remaining ingredients**, season well and serve.

Tip Look out for smoked salmon trimmings to make this even better value! Get your 5-a-day by adding peas, broad beans or soya beans.

Couldn't be easier... couldn't be tastier... now that's a result!



Tip Use cooked king prawns if you can't find fresh and just warm them through in the oil.

£2.49 per person

Cheat's garlicky prawn risotto

The family will think you're Wonder Woman to serve up a meal this tasty in 15 just mins!

Ready in 15 mins • 377 cals per serving • 11g fat • 2.5g sat fat • 0 of your 5-a-day so serve with crunchy veg

BUY FRESH...

- ☐ 1 lemon
- ☐ 1 red chilli, thinly sliced
- ☐ 400g peeled raw prawns
- ☐ 100g pack rocket, roughly chopped

CHECK YOU'VE GOT...

- ☐ 250g pack Riso Gallo Risotto Pronto (pesto)
- ☐ 3tbsp extra virgin olive oil
- ☐ 3 cloves garlic, thinly sliced



How to...

1 Cook the **risotto** according to the pack instructions. Using a vegetable peeler, pare the **lemon zest** into 3cm strips, and put in a small frying pan with the **chilli**, **oil** and **garlic**. Cook over a very low heat for 6–7 mins until the garlic is very soft, but not coloured.

2 Increase the heat to medium and add the **prawns**, cook for 3–4 mins, stirring, until the prawns are cooked through. Season and add a squeeze of **lemon juice**, to taste.

3 Stir most of the **rocket** and half the prawns into the risotto, divide between plates, top with the rest of the prawns and the juices and finish with a few rocket leaves.

cut out and keep

Tip Want to make it meaty? Just add some slivers of cooked ham, chicken or beef for the last 3-4 minutes of cooking time.



£2.15 per person

Almost-healthy veggie pizzas

Could it be true? A pizza that's good for you? Well, sort of! We won't tell if you won't...

Ready in 15 mins • 341 cals per serving • 8g fat • 2g sat fat • 1 of your 5-a-day

BUY FRESH...

- ☐ 1 bulb fennel, thinly sliced
- ☐ 200g mushrooms, sliced
- ☐ 125g ball reduced-fat mozzarella, torn







CHECK YOU'VE GOT...

- ☐ 2 ready-to-bake pizza bases
- ☐ 4tbsp tomato passata or chopped tomatoes
- ☐ 1tbsp oil
- ☐ 290g jar peppers, drained and sliced
- ☐ 280g jar artichokes, drained
- ☐ 50g Parmesan, shaved

How to...

1 Heat oven to Mark 7/210°C. Put **pizza bases** on a baking tray, spread with **passata** and bake for 5 mins. Meanwhile, heat the **oil** in a large frying pan, add the **fennel** and **mushrooms** and cook over a high heat until the fennel has softened and the mushrooms are golden.

2 Remove the pizzas from the oven, top with the fennel, mushrooms, **peppers**, **artichokes** and **mozzarella**. Return to the oven for 6–7 mins until the cheese has melted. Add shaved **Parmesan** just before serving.

essentials **Make it easy!**

Light, zingy and full of eastern promise – more please!

Tip You can use any type of mince like beef, turkey or Quorn.

£1.78 per person

Summery-style mince

A new way with mince that's so much more glam than spag bol!

Ready in 15 mins • 400 cals per serving • 15g fat • 5g sat fat • 1 of your 5-a-day

BUY FRESH...

- ☐ 100g mangetout, sliced
- ☐ 100g radishes, sliced
- ☐ 6 spring onions, sliced
- ☐ 150g beansprouts
- ☐ 1 bunch coriander, roughly chopped
- ☐ 500g pack pork mince





CHECK YOU'VE GOT...

- ☐ 125g Blue Dragon Ramen Noodles
- ☐ 1tbsp sunflower oil
- ☐ 1tsp each EPC Very Lazy Chilli, Garlic and Lemongrass, plus an additional ½tsp Very Lazy Chilli for the dressing
- ☐ 2tsp coarsely grated root ginger
- ☐ 2tsp Thai fish sauce
- ☐ 1tbsp light soy sauce
- ☐ 400g pot sliced mango in juice, drained
- ☐ 80ml coconut milk
- ☐ juice of 1 lime

How to...

1 Cook **noodles** according to pack instructions, drain and rinse under cold water. Put noodles in a large bowl with the **salad ingredients** and three-quarters of the **coriander**.

2 Heat the **oil** in a large frying pan, add the **chilli**, **garlic**, **lemongrass** and **ginger**, cook for 1 min, then add the **mince**. Cook over a high heat for 10 mins until golden, breaking up large clumps with a spatula. Add **fish sauce** and **soy sauce**, and stir until evaporated. Add to the noodles.

3 For the dressing, in a food processor, whizz together **mango**, **coconut milk**, **lime juice**, ½tsp **Very Lazy Chilli** and reserved coriander until smooth. Toss through the salad just before serving.

Tip Buy a small gammon joint and cut into steaks yourself. That way you can freeze any leftovers for a meal another day.



£1.95 per person

Posh caff-style ham, egg & chips

Classier version of everyone's favourite meal. No greasy spoons or transport caffs in sight!

Ready in 15 mins • 423 cals per serving • 19g fat • 6g sat fat • 0 of your 5-a-day so serve with a mixed-leaf salad

BUY FRESH...

- ☐ 4 gammon steaks
- ☐ 100g bag mixed salad, to serve





CHECK YOU'VE GOT...

- ☐ 660g fries, to serve
- ☐ 4 large pinches sweet paprika
- ☐ 4 large pinches ground coriander
- ☐ 1tbsp olive oil
- ☐ 4 eggs, fried, to serve

How to...

1 Cook **fries** according to pack instructions. Mix the **oil** and **spices** together and rub all over the **gammon steaks**. Grill or cook on a very hot griddle pan. Cook for 3–4 mins on each side, depending on thickness.

2 Serve each gammon steak topped with a **fried egg**, some fries and plenty of **crispy salad** on the side.

essentials
Make it easy!

Cook once, eat twice!





MEAL 1 £2.78 per person

Cheesy baked ratatouille with penne

Dive into this new family fave summery bake

Ready in 45 mins • 500 cals per serving • 21g fat • 8g sat fat • 3 of your 5-a-day

1 Heat oven to Mark 6/200°C. Add 2tbsp **olive oil** to a large sauté pan, and fry 2 **red onions**, chopped, 1 **aubergine**, cubed, 2 **peppers**, deseeded and chopped, 2 **courgettes**, chopped and 3 cloves **garlic**, sliced, for 10 mins. Add 2x400g tins **chopped tomatoes** (drain 1 tin first), ½tsp **dried oregano**; season and simmer for 10 mins. Stir in small bunch **basil**, chopped. Reserve a third for day 2 meal; spoon rest into an ovenproof dish and top with 75g each grated **mozzarella** and **Cheddar**. Bake for 15–20 mins.

2 Cook 500g **penne** according to pack instructions, drain and mix with 2tbsp **extra virgin olive oil** and a few sprigs of **parsley**, chopped. Season and serve half with the ratatouille, reserving the rest for day 2 meal.



MEAL 2 £2.17 per person

Grilled chicken with zingy sauce & pasta salad

Turn leftovers into a totally different meal – ideal for alfresco.

Ready in 25 mins • 523 cals per serving • 13g fat • 5g sat fat • 2 of your 5-a-day

1 Whizz ratatouille in a food processor with 1tbsp **extra virgin olive oil**, 1tbsp **red wine vinegar** and pinch of **chilli powder**. Heat until piping hot. Grill 4 small **chicken breasts**, skin side up, for 15 mins, turn and cook for a further 10 mins until cooked.

2 Mix reserved cold pasta with 100g **baby spinach**, 100g **feta**, crumbled, and 1 small **red onion**, thinly sliced. Serve with the chicken and the sauce spooned over.

NEW!
Want more fab recipes for speedy family meals? Go to our new website **www.goodtoknow.co.uk/essentials**

RECIPES: PHIL MUNDY. FOOD STYLING: JENNIFER BEDLOE. PHOTOS: DAN JONES. PROP STYLING: RACHEL JUKES

Divine cheesecake

Who could resist this creamy pud with to-die-for crunchy base, white chocolate and sensational sweet and sour blackcurrant drizzle? We can't!



Forget the diet!

What a picture – and just wait until you taste it... gorgeous!

Divine blackcurrant ripple & white choc cheesecake

Serves 12 • Ready in 20 mins + chilling • 614 cals per serving • 50g fat • 30g sat fat



Resistance is futile – might as well give in and just enjoy!

FOR THE BLACKCURRANT TOPPING
- ☐ 300g fresh or frozen blackcurrants
- ☐ 2tbsp blackcurrant conserve
- ☐ 5tbsp vanilla sugar

FOR THE BASE
- ☐ 150g digestive biscuits (approx 10)
- ☐ 50g amaretti biscuits
- ☐ 100g butter, melted

FOR THE FILLING
- ☐ 300g white chocolate
- ☐ 250g mascarpone
- ☐ 250g cream cheese
- ☐ 300ml double cream
- ☐ 1tsp vanilla bean paste

1 Put the **blackcurrant topping ingredients** into a pan and heat gently until syrupy. Leave to cool.

2 Grease a deep 23cm spring-clip cake tin. Whizz the **digestive** and **amaretti biscuits** in a food processor to make fine crumbs. Mix with the melted **butter**, then press onto the base of the tin and smooth over with the back of a spoon. Chill in the fridge.

3 For the filling, melt the **white chocolate** over a pan of barely simmering water, leave to cool slightly. In a large bowl, beat the **mascarpone**, **cream cheese**, **double cream** and **vanilla paste** until smooth. Whisk in the white chocolate until thick.

4 Briefly fold half the blackcurrant topping into the cream cheese mixture so it ripples, but doesn't turn it purple. Spoon into the cake tin and chill in fridge until set.

5 Transfer to a cake stand and spoon over the remaining blackcurrant topping, allowing the juice to drizzle over the whole cheesecake.

NEW!
Want some more super summery pud recipes? Go to our new website **www.goodtoknow.co.uk/essentials**

TRY THESE SUNNY-DAY SWEET THINGS...

Strawberry & amaretto cheesecake mousse

Mmmm... smooth and refreshing with a nice little liqueur kick.

Ready in 15 mins • 490 cals per serving • 43g fat • 26g sat fat



1 Mix 200g sliced **strawberries** with 2tbsp **amaretto** and 1tbsp **caster sugar**, leave for few mins. Divide half the mixture between 4 glasses.
2 Beat 250g **Philadelphia cream cheese** with 40g **icing sugar**, 100ml **double cream** and ½tsp **almond extract**. Swirl through the remaining strawberry mixture and divide equally between the glasses.

Vanilla & raspberry shortcake stacks

These look so dainty, yet they're made in next to no time.

Ready in 10 mins • 436 cals per serving • 35g fat • 22g sat fat



1 Whisk 200ml **double cream** with 2tbsp **icing sugar** and 1tsp **vanilla extract**. For each of the 4 servings, layer up 3 **shortbread biscuits** in a stack, sandwiched together with the vanilla cream and a few **raspberries**.
2 Finish with a dusting of **icing sugar** and top each with a raspberry.

RECIPE & FOOD STYLING: LUCY JESSOP. PHOTOS: CHARLIE RICHARDS; IPC IMAGES. PROP STYLING: RACHEL JUKES

NEXT MONTH... Great new pudding & dessert ideas

cut out and keep

HOW TO MAKE... proper custard

Real custard is pure delight and it's not just for pouring – it makes fantastic summery puds. Not a tin in sight!

It helps to know...

- ✓ When you chill custard, leave it for 5-10 mins, then cover it with clingfilm, making sure it touches the surface to prevent a thick skin forming.
- ✓ If the custard starts to scramble while you're stirring over the heat, strain it into a new pan and carefully heat again.
- ✓ Keep custard warm by putting it into a bowl over a pan of simmering water.
- ✓ Add a little cornflour if you like your custard to be thick.

3 easy steps to making custard

ALL YOU'LL NEED

- ☐ 300ml whole milk
- ☐ 300ml double cream
- ☐ 1 vanilla pod, split in half
- ☐ 1 cinnamon stick
- ☐ 3 free-range eggs
- ☐ 75g golden caster sugar



1 Heat the milk and cream with the vanilla pod and cinnamon stick until almost boiling. Remove from the heat and allow to infuse for 5-10 mins.



2 Remove the cinnamon and vanilla and scrape the seeds from the vanilla pod into the milk and cream. Whisk the eggs with the sugar, then strain the milk and cream through a fine sieve into the egg mix, whisking constantly.



3 Pour the mixture into a clean pan and heat gently, stirring continuously, until the custard has thickened. Pour over your puds!



NOW TRY THIS GORGEOUS DESSERT...

Summery Pimm's trifle

What could be better than a lovely spoonful of cake, fruit, custard and cream.

Serves 8 • Ready in 25 mins + chilling • 562 cals per serving • 45g fat • 27g sat fat

- ☐ **1 quantity of custard (see p109)**
- ☐ **20g cornflour**
- ☐ **1 pack of trifle sponges (8 in a pack)**
- ☐ **4tbsp Pimm's, plus 4tbsp for the syrup**
- ☐ **4tbsp strawberry jam**
- ☐ **250g strawberries, hulled and sliced**
- ☐ **2 oranges, 1 peeled and cut into segments and 1 juiced**
- ☐ **300ml double cream, whipped**
- ☐ **few mint leaves, to garnish**

1 Follow the steps to make the **custard** (see p109), but add the **cornflour** to the **eggs** and thicken the custard over the heat until it's a similar texture to white sauce. Chill well in the fridge.

2 Arrange the **trifle sponges** in the bottom of a large dish, drizzle over the **Pimm's**, then spoon over the **jam**, 150g **strawberries** (reserving 100g for the topping) and the **orange segments**. Pour over the custard and top with the **whipped cream**. Leave in the fridge until ready to serve.

3 Boil the remaining 4tbsp Pimm's with the **orange juice** until it's thickened, then add the remaining strawberries to infuse. Top the trifle with the strawberries, some of the syrupy juices and the **mint leaves** to serve.

essentials Make it easy!

TURN CUSTARD INTO A FRENCH CLASSIC

Crème caramel

Wobbly baked custard with rich orangey caramel... how posh are we!

Serves 4 • Ready in 1 hr + chilling • 673 cals per serving • 48g fat • 27g sat fat

- ☐ 300ml double cream
- ☐ 150ml whole milk
- ☐ 1 vanilla pod, split in half
- ☐ 1 cinnamon stick
- ☐ 4 free-range eggs
- ☐ 30g caster sugar for the custard, plus 150g for the caramel
- ☐ zest of 1 small orange
- ☐ 1tbsp Cointreau

1 Heat the oven to Mark 1/140°C. Follow **steps 1** and **2** to make the **custard** (see p109), but using the quantities above. Strain the custard mixture as **step 2**, but don't heat it.
2 Heat the 150g **caster sugar** in a heavy-based pan. When it has turned to a honey-coloured liquid, add 1tbsp tap-hot water, the **orange zest** and **Cointreau**. Reheat until it turns a dark honey-coloured liquid. Pour into 4 ramekins, then top with the custard mixture.
3 Put the ramekins in a roasting tin, with water halfway up sides of ramekins. Bake for 30 mins; but check the oven to make sure the heat hasn't crept up or the mix may scramble. Leave to cool in the fridge and turn out onto plates to serve.

Tip Flavour the custard and caramel with a dash of Malibu and coconut for a twist on the classic.



YOU'RE HALFWAY TO ICE CREAM—JUST FREEZE IT!

Best-ever vanilla ice cream stacks

Homemade always tastes better than shop-bought, yet it's easy-peasy to make!

Serves 4 • Ready in 30 mins + freezing • 561 cals each • 48g fat • 28g sat fat (without biscuits)

- ☐ 1 quantity of custard (see p109)
- ☐ biscuits/wafers of your choice, to serve

1 Follow the steps to make **custard** (see p109), but omit the cream and whip it to fold in later. Swap whole eggs for **egg yolks** only.
2 Heat the custard, stirring continuously, until nice and thick. Leave to cool, fold in the **whipped cream** and pour into a plastic box (or use an ice cream maker). Freeze for about 2 hrs, then remove and whisk with an electric whisk. Refreeze and whisk again after 1 hr if you like. Refreeze until set.
3 To serve, scoop out ice cream and sandwich between **biscuits** or **wafers**.



Cheat it!

Haven't got time to make the custard cream? Mix bought ready-made custard with some whipped double cream to get a similar result.

NOW TRY CRÈME PATISSERIE (CUSTARD CREAM FILLING)

Blackberry & almond custard tarts

The filling takes a little patience to make, but the result is so impressive!

Serves 7 • Ready in 30 mins + chilling • 390 cals per serving • 29g fat • 14g sat fat

- ☐ ⅓ quantity custard (see p109)
- ☐ 15g cornflour
- ☐ 100ml whipping cream, whipped
- ☐ 1x375g pack of ready-rolled puff pastry
- ☐ 2tbsp flaked almonds
- ☐ 150g blackberries
- ☐ icing sugar, to dust

1 Make the **custard** following the basic recipe (see p109), but add the **cornflour** to the eggs. Heat the custard until very thick (like whipped cream) whisking continuously. Pour into a bowl and chill in the fridge. Whizz the chilled custard in a food processor, then fold in the **whipped cream** until smooth.

2 Heat oven to Mark 6/200°C. Cut **pastry** into 14 rectangles, prick with a fork, brush with a little milk and cook for 5 mins. Remove from oven, flatten with a baking tray, brush with more milk and sprinkle over **almonds**.

3 Return to the oven for a further 5 mins or until cooked. Remove from the oven and flatten down again. Leave to cool.

4 Top 7 pieces of pastry with the custard cream, top with **blackberries** and a slice of pastry, then dust with **icing sugar**.

NEW!
Want to expand your repertoire of recipes? Go to our new website **www.goodtoknow.co.uk/essentials**

NEXT MONTH... 10 cooking basics you need to know

FEATURE: JENNIFER BEDLOE. FOOD STYLING: JENNIFER BEDLOE & LUCY JESSOP. PHOTOS: CHARLIE RICHARDS. PROP STYLING: RACHEL JUKES

Best in season Courgettes

This month, tuck into veg and fruit that's packed with flavour and colour from the summer sunshine



Courgettes are a really versatile veg – eat them raw, lightly fried, steamed or baked, but don't boil them as this makes them soggy! Always choose small, firm, unblemished courgettes that feel heavy for their size.

MAKE THIS

Courgette fritters

Crispy bites of summer goodness!

Serves 6-8 • Ready in 20 mins • 118 cals per serving • 7.5g fat • 2g sat fat

In a bowl, sprinkle 2 large **courgettes** (400g), coarsely grated, with ½tsp salt. Set aside for 5 mins, then squeeze out excess water. Mix with 2 large **eggs**, beaten, 3tbsp **self-raising flour**, 4 **spring onions**, finely sliced, a pinch of dried **oregano** and 25g **Parmesan**, finely grated, then season with salt and pepper. Heat 2tbsp **olive oil** in a pan until hot, add spoonfuls of batter and fry for 1-2 mins on each side until golden.



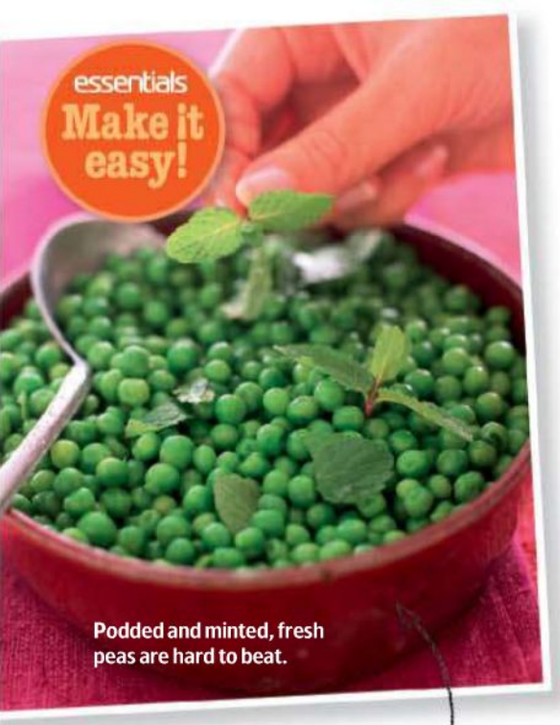
Try these ideas...

STIR grated raw courgette into freshly cooked pasta, with basil pesto and lemon zest for a speedy midweek meal.

PARE courgettes into thin ribbons with a peeler. Toss with a lemony dressing and chopped mint. Serve with grilled chicken or white fish.

FRY sliced courgettes over a medium-high heat in a little olive oil. Add garlic and thyme. Toss with olives, crumbled feta and chopped fresh tomatoes for a tasty salad.

Turn over for more seasonal ideas...



Podded and minted, fresh peas are hard to beat.

Also in season...

Put these seasonal treats in your shopping basket this month.

	✓ STORE	✓ TRY	✓ USE IT UP
Aubergines 	Store in a paper bag in the fridge for up to a week.	Griddle slices in olive oil until cooked through, then toss with garlic and fresh oregano and season. Serve on top of bruschetta.	Roast whole in their skins until soft. Whizz the flesh with Greek yogurt, garlic, mint and olive oil for a tasty dip.
Peppers 	Store in the fridge for up to a week.	Grill, skin side up, until the skins char. Remove skins then slice and serve with toasted almonds, goats' cheese and balsamic dressing.	Add to ratatouille, tomato pasta sauces, pizzas and rice dishes.
Peaches 	Eat when ripe, as fresh as possible, store in a cool place, away from bananas.	Slice ripe peaches, serve with torn mozzarella and a drizzle of honey.	Whizz with natural yogurt and raspberries for a healthy breakfast smoothie.
Fennel 	Store in the fridge for up to 3-4 days.	Slice raw fennel very finely and mix with crème fraîche, lemon zest and chopped spring onion for a tasty slaw.	Braise fennel in white wine, stock and thyme for a side dish to serve with pork or chicken dishes.

Fresh juicy peas

Frozen peas are a fab standby, but while they're in season make the most of sweet, fresh peas. Try these tasty ways to enjoy them...

BLITZ cooked peas with butter, mint and salt and pepper in a blender. Serve on crostini with Parmesan shavings as an easy canapé.

TOSS cooked peas with baby gem lettuce leaves and sliced spring onions. Drizzle with French dressing and serve with barbecued chicken or fish.

ADD TO risottos, frittatas or pasta dishes for extra flavour, colour and nutrients! Peas taste great with bacon and smoked fish, as their sweetness helps to balance out the saltiness.

Tasty tomato salsa

Make the most of fresh tomatoes in this oh-so easy, speedy dip.

Mix 600g **fresh tomatoes**, deseeded and chopped, with 1 heaped tbsp **fresh mint**, finely chopped, a big splash of **olive oil**, 1 clove **garlic**, finely chopped, and the **juice** and **zest of ½ lemon**. Season and serve with **tortilla chips**.


As well as a dip, salsa is delicious served with barbecued meats.

TRY IT! Summer on a plate Melon isn't just for bulking out a fruit salad! Try Honeydew melon served with serrano ham, pecorino cheese and rocket. Drizzle over olive oil and season.



3 FAB WAYS WITH... Beautiful, juicy beetroot

✓ **Roast** whole beetroot with a little olive oil and thyme in a medium oven until tender, then peel and slice. Drizzle with an orangey dressing and serve with mackerel or chicken.

✓ **Whizz** cooked beetroot to make a purée, then stir into a basic risotto for the last few mins of cooking. Add butter, finely grated Parmesan and seasoning.

✓ **Chop** cooked beetroot into small dice and stir through couscous with chives and goats' cheese for a tasty side dish.

NEW!
Want more fresh and healthy seasonal veg recipes? Go to our new website **www.goodtoknow.co.uk/essentials**

FEATURE: LUCY JESSOP & JENNIFER BEDLOE PHOTOS: PHOTOLIBRARY.COM; IPC IMAGES

13 sanity-saving ways to keep the kids happy

These boredom-busters should do the trick – some great games and mini projects for your children to get stuck into

Bags of fun outside!

If the weather's how it should be, take it outside with these ideas...

Mini garden

Give each child a shallow container – an old tray or shoebox lid will do. Get them to fill it with soil and search for material to create their own mini garden. Watch their imaginations run wild, as twigs, leaves and petals become trees, ponds and flowerbeds. Expect the odd creepy-crawly to be given a new home, too!



Target practice

Pour a little sand or a couple of centimetres of water in a two-litre plastic drinks bottle to weight it down. Stand it in an open spot in the garden or park, give each child a ball and get them to take it in turns to try to knock it over. If they miss, they should try again from wherever their ball stops. Little ones may need some help by starting closer to the target, or why not set up a number of bottles and play skittles. Strike!

Tip If it's hot, have plenty of sun block and drinks to hand to make sure outdoor play goes without a hitch.

Treasure hunt

For little ones, hide lots of items such as their favourite toys around the garden. Give them 'getting warmer', 'very hot' clues and a prize when they've found everything. For bigger children, write out clues that lead them from one place to another around the house, garden or even the local area. Give out a prize they can share, such as a goody bag.



Matchbox collection

Give each child a matchbox or a similar small box and let them see how many things they can find to fit in it – a leaf, a seed, a pebble, a flower and so on. You could turn it into a competition, with the winner being the one who's collected the most after half an hour.

Sprinkler fun

Set up the sprinkler on the lawn. One person stands at the tap, facing away, while the others take turns to hop over the sprinkler set at low, ankle-skimming pressure. The one at the tap randomly turns the pressure up with the aim of soaking someone. The child who gets caught, takes over the tap. Have some hot chocolate ready afterwards!



OUT & ABOUT

These simple word games are great for on the road, or will help while away time waiting for a train or in the doc's surgery...

- **NO Ps, PLEASE!** One player asks the others a question, one at a time. They must answer without using words containing a chosen letter. The first to slip up takes over as quizmaster. So, if you've picked the letter P and ask, 'How are you feeling?', they can reply, 'Glad it's sunny', but not 'I'm happy'!
- **FIVE-LETTER SENTENCE** Pick five letters and ask the kids to use them in that order in a sentence. So, BMHS could be 'Brian made horrid stew' or 'British mothers have style'! The one with the best sentence wins.
- **ALPHABETTY** Start a sentence like 'I'm going to market to buy a...' or 'I'm off on holiday and I've packed a...' then take turns to finish off the sentence with a word starting with A and work through to Z.

Happy times indoors

If the weather's taken a turn for the worse, or you simply need to keep the kids entertained inside for a few hours, try one of these...

Mini pamper session



This is one for the girls. Give them each £5 to spend in Claire's, or somewhere similar selling cheap hair slides, bands, nail varnish, face packs and hairbrushes. Then let them set up a beauty parlour at the kitchen table or in the living room. They'll also need tissues, a couple of chairs and a mirror. They can make-over each other or you could be their first paying customer – or should that be victim?

Create a kitchen garden

Watching seeds turn into plants is an amazing thing for children – even better if you can eat them, too!

◆ Sprouting beans are great as they're fast – and nutritious. Cheap and cheerful is the **A Vogel BioSnacky Germinator Jar, £4.20,** and a Starter Pack of seeds, £6, from avogel.co.uk.

◆ Suttons sell great little windowsill kits. They come with a propagator tray, little pellets of peat and packets of seed – try herbs or patio salad, £2.99 each from suttons.co.uk.

GET BAKING

This is a really fun way to spend an hour or so... Little ones will need supervision, but you could leave older children with the task of making cake for tea, or they could try cookies or scones (see recipe, right). They'll need to measure ingredients to get the right results, so they'll learn some maths and science as they go. And you'll all have something scrummy to eat at the end of it, which should give you the energy you'll need for the clearing up!





'I'm sure this was how Nigella did it, Mummy!'

Scone-tastic!

Heat oven to Mark 7/220°C. Sift 225g self-raising flour with a pinch of salt into a bowl. Rub in 75g butter, cut into small pieces, until the mix looks like breadcrumbs. Stir in 40g caster sugar. Beat 1 large egg with 2tbsp milk and add to the flour. Mix together, shape into a round and roll out on a floured surface to 2.5cm thick. Using a 5cm cutter, cut out the scones. Bake on a greased baking tray for 10-12 mins until risen and golden.

tip MAKE THEM FRUITY Halve sugar and add 50g currants ... **OR CHEESY** Omit sugar and add 1tsp mustard powder and 50g grated Cheddar to dry ingredients.

Summer scrapbook

Get them to keep a journal of what they get up to in the holidays. Give each of them a plain notebook or scrapbook from the 'pound shop' and some photo corners, PVA glue, lots of scrappy, crafty bits, pens, crayons and old magazines. Start them off decorating the cover, then inside they can make notes and stick in flowers, tickets and photos, and get their friends to sign and date it, too. Buy them a disposable camera, or, for instant results, treat them to a digi one – you should be able to find a cheap one online for £30-£40.

Read all about it

Get the kids to investigate your local area. What's your town famous for? Does anyone well-known come from there? They'll need paper, pens, a disposable or digital camera and access to a computer. Once they've made their discoveries, they can type it all up, add their pics and print it out in a newspaper style. Alternatively, they could make their own family newspaper: how about a feature like 'A day in the life of Mum'?

FEATURE: LIZ SILVESTER. PHOTOS: IPC IMAGES; CORBIS; STOCKFOOD

cut out and keep

essentials
Make it easy!

Delicious dining

Family and friends will love tucking into these...

Jewelled salads

Simple colourful salads are best when you have people round. Try broad beans and chorizo; beetroot, pine nuts and feta and, my family's favourite, couscous and roasted veg.
Sarah Tenley, Manchester

Tasty pastry

Ready-rolled puff pastry makes an easy dish. Prick it and bake it and then add a topping of your choice – I love chopped leeks... fried in butter! Add grated lemon zest and parsley to make it look summery. Serve with salad or cut smaller with drinks.
Colette Cummins, Harrogate



HERBY SMOKE I pop a handful of fresh herbs on the BBQ coals; they flavour the meat beautifully. Rosemary and thyme work best.
Sharon Marshall, Eastbourne

Veg keeper

Crunchy veg crudités served with houmous or other dips are so easy. I pop them into a bowl of iced water for an hour before serving to keep them crisp.
Dawn Balder, Chippenham

Different course

Don't bother with the BBQ! I recently made a big wow-factor dish of poached salmon to serve outdoors. So simple and all done in advance.
Katie Barratt, Belfast



FEELING FRUITY
Freeze berries and other fruit, cored and sliced, in a single layer on a baking tray. They make a great base for puds, including lollies – the kids will lap them up!
Martha Sher, Epping

Your no-effort sunny-day tips

These simple ideas from readers will make your summer feel a whole lot brighter without costing too much... or taking too long!

Divine decor

Pretty up your home with these simple ideas...



PICTURE PERFECT
An easy way to decorate a wall is to buy framed pictures from markets or charity shops, paint all frames one colour,then just pop in your own photos.
Tracy Davidson, Warwickshire

Sunny start

Paint your hall bright yellow. It will make the entrance to your home – and therefore your welcome – feel much fresher and brighter.
Billie Masters, Peterborough

Great gingham

My outside table was looking stained and weathered, so I bought some pretty pink and white gingham off the roll from a cheap fabric shop to cover it. I hemmed the edges and my table was transformed in a flash. I'm thinking of making matching napkins from the same fabric or from off-cuts.
Cheryl Newton, Basingstoke



SMELLS SO FRESH
I buy cheap eau-de-cologne and spray the bedlinen when I change it. There's a lovely fresh scent every time I pull back the duvet.
Leslie Pointer, Kettering

Personal touch

I love those floral photos you can buy on canvas, but have found you can have your own images turned into canvas much more cheaply. I use a site called canvasdezign.co.uk, which does a 30cm square image for £19 (plus £9 delivery). Great for keeping your fave shots of your children.
Ferne Hawley, Brighton

Easy entertaining

Quick ideas to help brighten up the place and make friends welcome...

Instant cheer

Bunting bought cheaply on the Internet makes the garden look very summery – and is great for cheering up an old shed.
Karen Lapper, Hertford

Instant warmer

Don't spend loads on garden cushions – bring out your usual rugs and cushions and throw them on benches and garden chairs to use when the sun goes down.
Alison Silver, London

FLY BY If friends are round on a hot day, I hang sprigs of lavender or mint by open doors and windows to keep flies out. It looks – and smells – lovely!
Gail Smith, Thorpe Hesley



Fine red wine

Tinto de verano (summer red wine) is sangria without the fuss. Just pour half a glass of red Rioja, then top it up with low-sugar lemonade. Add ice and a slice of lemon, if you like. Drink outside and summer's here!
Emma Kelly, Southampton

Invitation only

However casual the occasion, I always love to send out invitations. There are some great ones for free that you just email to your friends at evite.co.uk. You can also create a guest list and keep a tab of who's coming when they reply.
Sarah Coxen, Weymouth



PARTY PLASTICS
Plastic is so much easier at outdoor parties. I found a bright plastic jug for just £3.99 at woolworthsparty.co.uk. There were great ice buckets, glasses and tumblers on the site, too.
Ann Hopwith, Wokingham

Cooking for numbers

I used to get so stressy cooking for large numbers of people, but now I just ask everyone to bring a dish. You get a wide range of food, and friends like to help out.
Mary Styles, Carlisle

Garden mobile

I made a lovely mobile to hang under my garden parasol. Draw your design on clear film (the sort used for overhead projectors) with a felt tip, colour in with glass paint, cut out and hang on craft wire.
Debbie Simons, Battle



GIFT CHEAT
I buy flowers for friends from the supermarket, take off the wrapping and replace it with pretty coloured cellophane, bought on a roll from a stationer's. I finish off with a ribbon bow and they look twice the price – and twice as nice!
Debbie Bingham, Derby

Fabulous flowers

For gifts or in the home or garden, try these clever ideas...

Tiny wonders

I pop sprigs of tiny flowers into hollowed-out eggshells and put them in egg cups. They look so pretty dotted around on an outside table or grouped as a centrepiece.
Tracey Dibbens, Dartford

Pots of style

Plant up lots of pots as well as having flowers in beds. I move them around to brighten up eating areas, or right under the kitchen window so I can see them.
Sophie Cohen, London

INDOOR GARDEN Herbs on the window sill instantly cheer the kitchen up. I buy them at the supermarket, but transfer them to nicer pots to make a pretty display.
Maya Worth, Sheffield

Make a stand

Use a cake stand to display flowers. Get a small block of Oasis and pop flowers into it. Trailing pieces like ivy or passion flowers look really nice. You can add fruit to the plate, like figs or plums, too. Just remember to keep the foam wet.
Karen Wilding, Aberdeen



Incredible edibles

Nasturtium flowers look pretty and are edible. Use as a colourful addition to summer salads and in drinks. They're easy to grow from seed and look so impressive if you're entertaining.
Sharon Knights, East Sussex

FEATURE: LIZ SILVESTER. PHOTOS: IPC IMAGES

NEXT MONTH... All-new cleaning tips – and no vinegar!

Keep your garden in *summer bloom*

If your garden's looking a bit tired, give it a mini make-over with one of our fab colour themes

The secret behind most well-designed gardens that stay looking good all the way through to autumn is a strong colour theme. For easy maintenance, though, you also want no bare earth – so fill any gaps with plants before the weeds can take over. After that, a little TLC from watering, feeding and a regular snip of fading flowers will help keep it lush and lovely for longer.



Tip To cover a wall quickly, go for the vigorous growing, blue-flowered climber, morning glory, £7.99, from vanmeuwen.com.

Flower know-how

1 Most flowers like sweet peas and daisies need to be picked regularly to keep them flowering and make great free cut flowers.

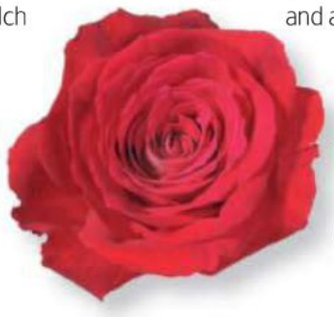
2 To get good blooms and foliage, feed soil fortnightly over summer.

3 Pick out weeds as soon as you see them, and keep borders tidy as this will stop pests getting at plants.

4 Remember to cover borders in a good layer of mulch: it retains water and keeps down weeds. Buy compost or bark mulch from the garden centre.

5 Nature loves to take over an empty area of soil: fill it with plants before the weeds take root.

6 Flowers in pots need more water than those planted in the ground and compost in pots will only have enough nutrients to last two months. A controlled-release fertiliser will feed a plant for up to six months: simply add it to the compost and that's it until the following year. Plants left in pots are best repotted into a larger container every few years, but you can refresh them in the meantime by scraping away the top few inches of old compost and adding some fresh.



EASY THEME

Blue & pink flowering patio

Go for blowsy blooms in blues and pinks for an instant patio potted make-over. Mophead hydrangeas, such as 'Bailmer', are a good choice, and they'll keep flowering into autumn. Add in impatiens (busy Lizzies) petunias, violas and lobelia, but check they are the blue-, pink- and white-flowering types. A leafy hosta will make a focal point, but plant it up in a tall pot to keep snails away. Keep pots the same colour in standard terracotta or paint them a modern muted pink for a colourful splash.

Plant roses, lavender or jasmine, then get lost in their heady perfume – aaah!

essentials Make it easy!

Pop in some 'bloom again' flowers

Perennial plants die off, then grow back every year, so they're great value. Buy them in flower for instant colour. Easy must-have perennials include...

- **Hardy geraniums** – ideal for the beginner.
- **Daisies** (anthemis) – perfect summer plants.
- **Astrantias** and **verbascums** – will flower again if cut back after first blooms fade.
- **Red scabious** (knautia) – flowers all summer. Just keep deadheading!

EASY THEME

Yellow & white hotspot

Flower-filled and easy. Yellow dwarf sunflowers and African marigolds with white oxeye daises and lavatera are all that's needed – buy several of each. Plug the gaps with grasses like carex, and the ground cover liquorice plant, with its hairy, grey-green leaves, to stop weeds coming up.



Tip Paint an old bench white to complement the colour theme.

When buying and planting...

- ✓ Limit your colour range to just hot or cool-coloured flowers.
- ✓ Use the same plant more than once – stick to two or three kinds and repeat in groups around the garden.
- ✓ Make groups in odd numbers of three, five or seven plants.

Fill the gaps cheaply

Any sunny patch can be filled with cheap-and-cheerful annuals (plants that grow, flower, seed and die in one year). It's too late now to sow, but you can buy them ready to plant from garden centres. Next year, try these from seed: love-in-a-mist, poached-egg plant, cornflowers, larkspur and annual poppies.

STOP SLUGS AND SNAILS!

These pests eat fresh, soft foliage, so grow plants they hate – those with tough, hairy or grey leaves, and aromatic, shrubby herbs, like lavender. Water plants in the morning and only at the roots, if possible. Lure slugs and snails with piles of bran, then round them up the next day. Keep them off with barriers of crushed eggshells or special copper strips from garden centres.



EASY THEME

Modern prairie style

Prairie-style borders combine perennials and grasses. They look fab long after summer is over, because as the flowers die away the grasses add height and colour right into autumn. For this scheme, go for perennial flowers in reds and golds.

◆ For reds, plant *Dahlia* 'Bishop of Llandaff', sneezeweed, chocolate cosmos and verbena. For gold, try the mini red-hot poker *Kniphofia* 'Little Maid'.

◆ Use several different carex and molinia grasses. Look for Japanese blood grass for a great pop of red.

◆ Other good flowers for this theme are yarrow, in red or yellow, black-eyed Susans and coneflowers.

WIN with essentials To give you a bit of help, greenfingers.com – one of the UK's leading online gardening stores – is offering one lucky *essentials* reader the chance to win this great selection of gardening goodies. Visit greenfingers.com for lots more ideas or call 0845 345 072. To win, go to page 131 and tick ESSTREAT1 09 – you can enter by text and phone, too.



114-litre Galvanized Frame Plastic Wheelbarrow, £44.99.

Levington Multi Purpose Compost, £7.99.

12-piece Gardener's Wooden Basket Trug set, £49.99.

FEATURE: JENNIFER NEWTON PHOTOS: STOCKFOOD; GAP PHOTOS; RED COVER: IPC IMAGES

1 Shady idea

If you don't have a parasol or a nearby tree, a cotton tablecloth makes a nifty shade-provider if you're dining alfresco. Tie a piece of string to each corner, then attach to stakes set a few feet apart.

10 crafty garden tricks in 10 mins

Want a fab-looking garden without making an effort? These fit the bill, and they'll take you no time at all



2 Tea plants

You're not making the most of pretty cups, mugs and teapots if they're stuffed at the back of your kitchen cupboard. Make them into quirky containers for your plants. Just line with some broken-up crockery or stones to assist drainage, then add potting compost and the plant. Great for indoors or out!



3 Shabby chic

Rusty garden chair? Rub down with wire wool or sandpaper until all the rust is off, then give it two coats of an exterior paint such as Hammerite Metal Paint. If you want a shabby chic finish, just give it one coat and let some of the rust show through for an authentic, rust-ic(!) look. Pretty it up with a seat pad.

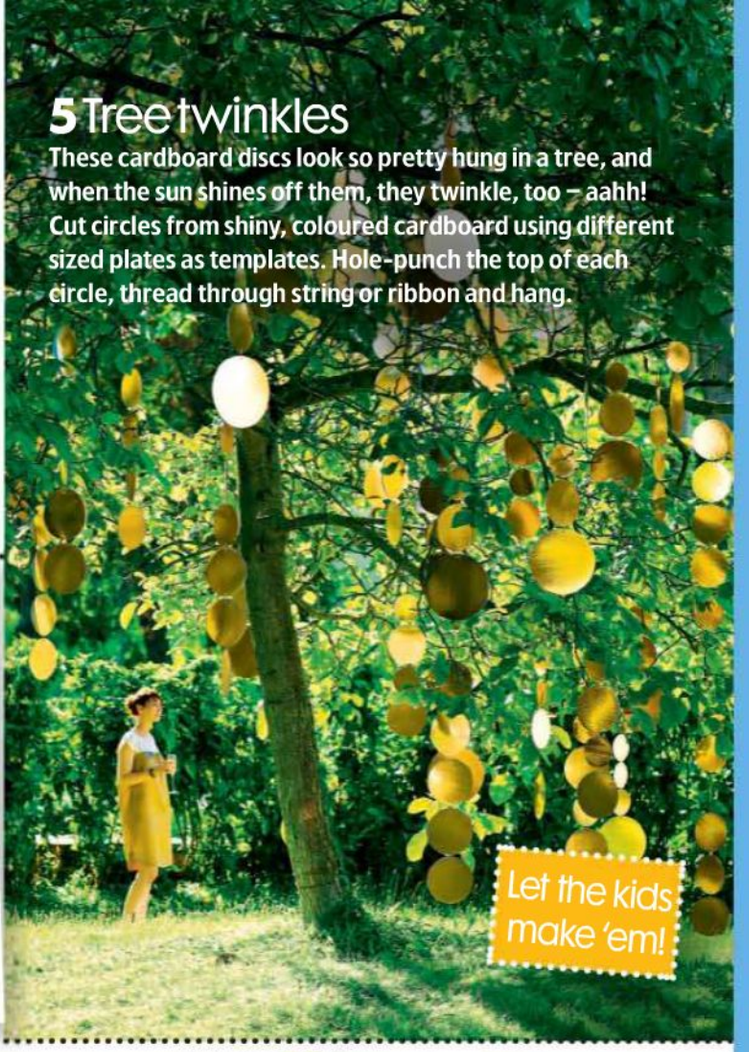


4 Label lover

Put empty jars or bottles (jam, cordial, milk, pasta sauce, etc) through the dishwasher so they're squeaky clean and the labels come off. Then cut out different-sized squares and shapes from wrapping paper, dab on Super Glue and stick on. They look fabulous displayed in a group as vases or used as candleholders.

5 Tree twinkles

These cardboard discs look so pretty hung in a tree, and when the sun shines off them, they twinkle, too – aahh! Cut circles from shiny, coloured cardboard using different sized plates as templates. Hole-punch the top of each circle, thread through string or ribbon and hang.



6 Chic colanders

They're not just for draining veg! Colanders' shape and holes make them very effective hanging baskets – just use chains or garden wire to hang up. Plant up with herbs and put them outside your back door or on the patio for easy access and lovely scents.





7 Lighten up

Garden lanterns add a touch of class, but if yours are a bit plain, pretty them up with flourishes such as ribbons, flowers and petals. Dried flowers are ideal as they'll last all summer.

Tip **Tie a small bunch of flowers and hang upside down for around ten days in the airing cupboard. Once dried out, set with hairspray.**



8 Grown-up tent

Create this with a wire coat hanger and a net curtain, voile or a mosquito net (£9.99 from Argos). Bend the coat hanger into a circle and hang it from a tree. Fold over the top of your curtain, attach using a stapler, then leave the remainder to flow freely over a day bed, bench, or a rug and mound of cushions. The kids will love it too (if you and your book allow them in!)

9 Petal poles

Soak Oasis (available from garden centres) in water to soften it, then use a knife to shape into a tall pole shape. Push a metal stick (a kebab skewer would work) into a dinner candle and insert into the Oasis – make sure that the candle is secure and the stick isn't showing. Now push petals and leaves into the Oasis until it's all covered.



10 Fancy pots

Don't throw out cute tins! Use old tea tins, cocoa or biscuit tins as pretty plant pots. Just drill a few holes in the bottom to allow drainage, pop in your plant, and display.

Tip **For a great selection of quirky tins that are very affordable, try dotcomgiftshop.com.**



FEATURE: FIONA GALLEY. PHOTOS: BILDER DIENST; LOUPE; CAMERA PRESS; STOCK FOOD; IPC IMAGES;
THE HOMEMADE HOME BY SANIA PELL (£16.99, CICO BOOKS) IS AVAILABLE FROM ALL GOOD BOOKSHOPS. CALL 01256 302 699 OR VISIT CICOBOOKS.CO.UK

NEXT MONTH... New crafts – give your home a facelift

essentials Make it easy!

cut out and keep



Easy updates for your home

Wilkinson has launched two exciting new paint ranges to inspire you to transform your home all by yourself!

Painting made simple

Why fork out for a painter and decorator when you can do it yourself?

1 Remove as much furniture as you can from the room and use dust sheets to cover everything else.

2 Wash down the walls with sugar soap and fill any cracks with filler before you start painting.

3 Paint the ceiling first, then the walls, then the woodwork. Use masking tape to cover the bits you're not yet ready to paint – this will give you a clear guideline, too.

4 Using a roller brush to apply the paint will give you a more even coverage and a smoother finish on walls and ceilings, but you'll need to use a paintbrush to 'cut in' around the edges.

5 Use a paintbrush for the woodwork though, brushing with the direction of the grain – not against it.

What paint where?

WILKO MATT EMULSION

✓ Water-based with a low odour and available in 57 colours.
✓ To be used on walls for a matt finish. 37 colours also available in a one-coat emulsion.
✓ Matt finish disguises lumps and bumps.

WILKO SILK EMULSION

✓ Hard-wearing with a wipe-clean surface, suitable for any room.
✓ Water-based with a low odour and available in 57 colours.

WILKO DURABLE EMULSION

✓ Water-based with a low odour and available in 31 colours.
✓ Suitable for use on primed woodwork and radiators, as well as walls and ceilings.
✓ Ten times tougher than standard emulsion, so you can wash away stubborn marks.

Your essentials



ALL PRODUCTS IN LIFESTYLE SHOTS AVAILABLE FROM WILKINSON, EXCEPT FIXTURES & FITTINGS. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

essentials Make it easy!



Bold and brave

To make bold colours work, choose ones that complement each other. Wilko Colour Blast Zesty and Wilko Colour Blast Electric Teal.

Bold colour matches

Try these bright ideas – they're made for each other!

Blue & purple

Wilko Midnight Hour, £12.97 for 2.5 litres



Wilko plum rose print, £18

Yellow & green

Wilko City Lights, £12.97 for 2.5 litres



Wilko glass bowl, £5.48

Red & pink

Wilko Big Apple, £12.97 for 2.5 litres



Wilko cotton twist rug, £15

Have fun with colour

Be brave and add vibrancy to your home with the new Wilko Colour Blast paint range

1 Stick to one or two colours – any more will give you a headache!

2 Take into consideration the furniture in the room when choosing paint colours – a mahogany sideboard will look richer against a green wall, while anything white will stand out more against a bright block of colour.

3 Yellow is ideal for brightening up a hallway, orange is great for warming up a lounge and red is a failsafe colour for a dining room as it stimulates appetite!

3 reasons for buying new Wilko Colour Blast

✓ Wilko Colour Blast Matt Emulsion is ten times tougher than regular emulsion.

✓ It's moisture resistant so it can be used in any room – on primed woodwork as well as walls and ceilings.

✓ There are 15 fab shades to choose from and they're great value at only £12.97 for 2.5 litres.

For the full range of shades, visit wilkinsonplus.com

Jelly Bean

Fuchsia

Touch of Silver

Plum Punch

ALL PRODUCTS IN LIFESTYLE SHOTS AVAILABLE FROM WILKINSON, EXCEPT FIXTURES & FITTINGS. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

wilkinson The home of family value

cut out and keep

Make a statement

The new Wilko Statement paint range is a chic way to stamp your personality onto your home

✓ Each of the eight shades is strong, contemporary and stylish, allowing you to be creative with colour in your home.

✓ Due to its hard-wearing properties, the paint is wipeable, and because of its matt finish, it'll disguise surface flaws. So there will be no unsightly marks or imperfections ruining your gorgeous feature wall!

✓ The paint costs just £7.97 for 1.25 litres. What a bargain!

essentials Make it easy!

For more stylish shades, go to wilkinsonplus.com





Classy colours

Opt for deep plum to give your lounge an opulent feel. Wilko Statement Sultry Mauve and Wilko Matt Emulsion Ivory Tusk.

Make it work

Balance a room with accessories in similar colours



ALL PRODUCTS IN LIFESTYLE SHOTS AVAILABLE FROM WILKINSON, EXCEPT FIXTURES & FITTINGS. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

wilkinson The home of family value

essentials Make it easy!

essentials promotion

Chill-out calm

Warm, pale shades will make a bathroom feel calm and relaxing. Wilko Bathroom Lilac and Wilko Bathroom Ivory Tusk.



Bathroom make-over

Wilko Bathroom mid-sheen emulsion boasts extra tough steam and moisture resistance

1 If you have a period bathroom, a great way to enhance features such as the coving, skirting and ceiling rose is to paint them brilliant white, then paint the walls and ceiling a contrasting, but still neutral shade, such as Soft Cream, £13.97 for 2.5 litres.

2 Bold colours can make a small bathroom look even smaller, so go for splashes of it instead – a feature wall or area around the sink, for example, will make a real statement.

3 Be creative and paint stripes or pretty stencils on the walls. Horizontal stripes will make a narrow room appear wide while vertical stripes will add height if you have a low ceiling.

The best bathroom buys to...

...INJECT COLOUR
If you have neutral walls, it's easy as well as inexpensive to add colour with accessories such as towels, bins and soap dispensers.



Wilko 100% Egyptian cotton bath towels, £4 each

Wilko Lilac, £13.97 for 2.5 litres

...SAVE SPACE
Opt for toothbrush holders, soap dishes and storage units that can be attached to the wall to save floor space – transparent ones will bounce off light and make the room appear larger, too.

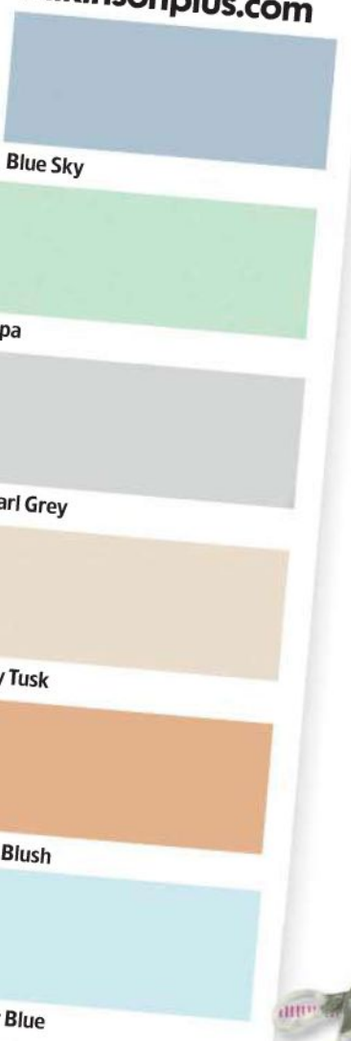


Wilko Boston glass shelf, £14.97

...ADD PERSONALITY
Cute quirks will do this in an instant, even if it's just one or two decorative pieces.

Wilko blue bubbles toothbrush holder and soap dispenser, £2.17 each

Check out all 19 shades at wilkinsonplus.com



ALL PRODUCTS IN LIFESTYLE SHOTS AVAILABLE FROM WILKINSON, EXCEPT FIXTURES & FITTINGS. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

wilkinson
The home of family value

cut out and keep

Update your kitchen

Wave goodbye to kitchen grease with the new range of ultra-durable kitchen paints from Wilkinson

✓ Wilko Kitchen Matt Emulsion is ideal for kitchen walls and ceilings, where grease and moisture can be a problem.

✓ It's ten times tougher than regular matt emulsion (so you won't have to redecorate again for years – hooray!).

✓ It doesn't smell, it's easy to use and it's easy to clean (wiping off kids' greasy finger marks will be a doddle).

✓ There are 19 colours available, from classic cream or brilliant white to more daring shades of lime and burnt orange.

For the rest of the shades, go to wilkinsonplus.com

essentials Make it easy!





Red alert

Contrast bright red with a paler shade to avoid making the room look too dark. Wilko Kitchen Opulence.

tip If you want to add extra interest to your kitchen wall, Wilkinson has a range of moisture-resistant wallpapers, too!

The best accessories for a kitchen that's...

...SNUG AND COSY

Look out for cream cookware and gingham accessories for a cosy cottage look. Wilko stockpot, £15



...COOL AND CLASSIC

Curvy crockery in plain white is simple but classic, and can easily be mixed and matched. Wilko bone china sugar bowl, £2.97



...BOLD AND BRIGHT

Be brave and go for pillar-box red! Wilko storage canisters, £2.74 each



...SLEEK AND CONTEMPORARY

Go for ultra-modern, style-led pieces in show-off chrome. Wilko stainless-steel teapot, £10



...SHABBY CHIC

We love these pastel bowls – practical as well as pretty! Wilko pastel mixing bowls set, £4.39



Wilko Opulence, £10.97 for 2.5 litres

ALL PRODUCTS IN LIFESTYLE SHOTS AVAILABLE FROM WILKINSON, EXCEPT FIXTURES & FITTINGS. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

wilkinson The home of family value

essentials Make it easy!

Flower power

A bold floral print in light shades will instantly brighten a room. Arthouse Opera Mandalay motif textured wallpaper in Aqua, £9.99.



tip Don't forget to match up the pattern when you cut, measure and hang your subsequent sheets of wallpaper!

Wallpaper with wow!

Don't be afraid to choose a bold wallpaper pattern to give your walls the wow factor

1 Check your walls are nice and smooth before your start. Rub down any lumps or bumps with sandpaper and fill holes or cracks with Polyfilla. Remove light switches and fittings, picture hooks and plug sockets from the walls.

2 Measure the height of your wall, then roll your wallpaper out (pattern side down) on a pasting table and cut to size, adding 10cm to allow for trimming.

3 Prevent the ends of the wallpaper from curling up by putting a heavy object at either end, then brush on wallpaper paste starting from the middle and working outwards. Next, take each end of the wallpaper and gently fold over so that both ends meet in the middle. Leave for a few minutes.

4 Gently unfold one half of the wallpaper onto the wall and use a hanging brush to brush from the middle out towards the edges – this will brush out any air bubbles at the same time. Repeat with the lower half.

5 Brush the paper up to the crease between ceiling and the wall and between the skirting board and wall, then trim off the excess.

Wilkinson has loads of fantastic wallpapers to choose from, with prices starting from just £5.97 per roll. Check out the range at wilkinsonplus.com.

The best wallpaper for...

...A CLASSIC LOUNGE

Be bold, but sophisticated with a damask pattern on the walls either side of your fireplace.
Wilko Arthouse Opera Da Vinci Damask wallpaper in Cream, £7.99

...AN INVITING DINING ROOM

Choose a deep, luscious colour such as claret or plum to create an atmospheric place to eat.
Wilko Evie wallpaper, £8.97

...A PRETTY BEDROOM

A floral pattern is ideal to pretty up a plain bedroom.
Wilko K2 Starburst Lime and Teal wallpaper, £7.97

...A LITTLE BOY'S BEDROOM

What do most little boys love? Trains and the colour blue!
Thomas & Friends wallpaper, £8.47; border, £8.97

...A LITTLE GIRL'S BEDROOM

Peppa Pig and friends and the colour pink – perfect for a little girl!
Peppa Pig wallpaper, £8.47; border, £6.97



Your essentials

Wilko Four-piece wallpaper hanging set, £4.99





Polyfilla, £1.79



Solvite Extra Strong All Purpose Wallpaper Adhesive, £2.17



Wilko paste table with hardboard top, £8.97

ALL PRODUCTS IN LIFESTYLE SHOTS AVAILABLE FROM WILKINSON, EXCEPT FIXTURES & FITTINGS. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

wilkinson The home of family value

cut out and keep

essentials Make it easy!

It's a one-stop DIY shop!

From paint and tools to furniture and home accessories, Wilkinson has everything you need for...

...MAINTAINING YOUR GARDEN

You don't have to be green-fingered to get a manicured garden. Investing in a few good-quality products will make it a cinch for you to keep your hedges tidy, the edges of your lawn neat and your flower beds weed-free.



Wilko digging fork, £13

Wilko digging spade, £13

Wilko garden gloves, £1.98

Wilko hedge shears, £7.98

...GROWING YOUR OWN VEG

From packs of seeds and plant pots to garden tools and greenhouses, there's no excuse not to grow your own veg this year.



Wilko tomato seeds, 76p; carrot seeds, 52p



Wilko multi-purpose compost, 97p

Wilko Metal watering can, £6.98

Wilko hand trowel and hand fork, £3.98 each

...PUTTING UP A BORDER

Wicker, bamboo, wire or wood, you can erect a border around trees, planting areas or your veggie patch, and paint it too!



Wilko bamboo slat border edging, £5.98



Timbercare Sprayer, £16.97

Wilko Weed Guard, £3.98

...MAKING YOUR HOME SAFE

The holiday season is the ideal time to secure your home – be it installing an alarm system, or carbon monoxide alarm, or both.



Ei Electronics Carbon Monoxide Alarm, £19.99



Sterling Wireless Alarm System, £59.99

Draper 70-piece screwdriver set, £28

5 bright ideas for garden entertaining

Now that all your DIY jobs are done, it's time to invite family and friends round and show it all off!



Wilko Stainless Steel Solar Garden Lights, £6.98 for two

THE LIGHT IS RIGHT

Outdoor lights never fail to make your garden look enchanting. Go for eco-friendly solar ones and save on the electric bill, too!



Wilko Grenada 8-piece patio set, £300

TABLE MANNERS

Your table is the hub of garden entertaining, so it's got to look fab! This one is large, stylish and a great price.



Wilko large round BBQ, £15

BEST-EVER BARBECUE

Opt for a barbecue that's going to be large enough to cater for all your guests.



Wilko Antigua high-back relaxer chair, £72

SLEEPY HEAD

Set aside a 'chill out' area in your garden – great for sleepy kids (or adults after a glass or two of wine!)



Wilko Tiki torch candles, 97p each

GRAND ENTRANCE

Impress your guests come night-time by lining the garden path with candles on stakes.

All products available from Wilkinson, wilkinsonplus.com, or call 08456 08 08 07. Wilkinson has 339 stores nationwide.

wilkinson The home of family value

ALL PRODUCTS IN LIFESTYLE SHOTS AVAILABLE FROM WILKINSON, EXCEPT FIXTURES & FITTINGS. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

WIN! a £1,000 room make-over!

Three lucky readers will be able to do up their home in style, with £1,000 worth of homeware and DIY products from Wilkinson!



Whether you've just moved house, want to improve what you've got or simply refresh your home's look, Wilkinson is the one-stop shop to dress your house from top to bottom. With no less than 91 different colours in its new paint range, including Kitchen, Bathroom, Colour Blast, Durable, One Coat and Statement, starting at just £7.97 for 1.25 litres, a stylish many-room make-over is a cinch whatever your taste and budget.

Once you've changed colours, there are never-ending combinations of homewares to complete a room's final look; from solid wood coffee tables to contemporary lighting, colourful cushions and versatile accessories. At Wilkinson, you can unleash the interior designer in you!

Three lucky readers will win £1,000 each to revamp their home at Wilkinson whatever their style. So, whether you need to paint, paper or embellish your home you can do it all, courtesy of Wilkinson!



TO ENTER Simply answer the question below, then call 0901 553 0390 or text ESSCOMP, a space, your answer, your name, house number and postcode to 86611. BT calls cost 50p per minute and last approx 2 minutes. Costs from other networks may be higher. Texts cost £1 per text, plus network charges. When you enter by text, you may in future receive sms marketing messages from IPC and *essentials*; if you don't want to get messages, please end your text with NO INFO. SP: Eckoh 0870 880 4869. Or send a postcard with your name, address, phone number to MRM, *essentials*/Wilkinson Competition, PO Box 502, Leicester LE94 0AB to arrive by 5 August 2010.

Name the flamboyant designer Laurence Llewelyn_____?

A Bowie **B** Byron **C** Bowen

TERMS & CONDITIONS Prizes will be in the form of Wilkinson gift vouchers (there are no cash alternatives). Competition details form part of these terms. Entry is open to residents of the UK, except employees (and their families) of IPC Media, its printers and agents and the suppliers of the prizes. Winner's must be aged 18 or over. Proof of identity and age may be required. Use of a false name or address will result in disqualification. All entries must be made directly by the person entering the competition. No responsibility can be accepted for entries lost, damaged or delayed in the post. The promoters reserve the right to amend or alter the terms of competition. The winner will be chosen at random from all correct entries received by the closing date. Failure to respond and/or provide an address for delivery, or failure to meet the eligibility requirements may result in forfeiture of the prize. If the winner cannot be contacted, or is unable to comply with these terms and conditions, the promoter reserves the right to offer the prize to the next eligible entrant drawn at random. No bulk or third party entries will be accepted. The decision of the judges is final, based on the criteria set out in the promotion, and no correspondence will be entered into over this decision. Winner's will be the first correct entries drawn after the closing date (5 August 2010) and notified in writing.

wilkinson
The home of family value

ALL PRODUCTS IN LIFESTYLE SHOTS AVAILABLE FROM WILKINSON, EXCEPT FIXTURES & FITTINGS. ALL PRICES CORRECT AT TIME OF GOING TO PRESS

where to shop



All prices and contact details are correct at the time of going to press

Accessorize 020 3372 3000 accessorize.co.uk
Amazon amazon.co.uk
Apricot apricotonline.co.uk
Asda 0500 100 055 asda.co.uk
Asos asos.com
Aussie Nationwide and at Boots
Avon 0845 601 4040 avonshop.co.uk
A|wear awear.com

B&Q 0845 609 6688 diy.com
Benefit benefitcosmetics.co.uk
Benetton 0845 673 2264
Bhs 0845 196 0000 bhs.co.uk
Bliss & Bloom 01980 630 557 blissandbloom.co.uk
The Body Shop 0800 092 9090 thebodyshop.co.uk
Bombay Duck 020 8749 3000 bombayduck.co.uk
Bonmarché 01924 700 100 bonmarche.co.uk
Bonprix 0871 384 1004 bonprixsecure.com/uk/
Boots 0845 070 8090 boots.com
Bourjois 0800 269 836 bourgois.co.uk
Braun 0800 783 7010 braun.com/uk or at Boots

Champneys 0843 316 2222 champneys.com
Clinique 0800 054 2666 clinique.co.uk
CND Shellac 0113 217 3813
Colourfulfashion 01297 444 110 colourfulfashion.com
Country Chic 07788 443 619 country-chic.net
Cox & Cox 0844 858 0744 coxandcox.co.uk
Crocus 0844 557 2233 crocus.co.uk

David Austin Roses 01902 376 300 davidaustinroses.com
Debenhams 0844 561 6161 debenhams.com
Décleor 020 7313 8780 decleor.co.uk
Dermalogica 0800 591 818 dermalogica.co.uk
Dior 01932 233 909
Dorothy Perkins 0845 121 4515 dorothyperkins.com
Dotcomgiftshop 020 8746 2473 dotcomgiftshop.com
Dove Nationwide

Evans 0845 121 4516 evans.co.uk
Eylure 020 8573 9907 eylure.com

F&F at Tesco clothingattesco.com
Fat Face 0870 600 0090 fatface.com
Freemans 0844 556 4444 freemans.com

Garden Trading 0845 608 4448 gardentrading.co.uk
Gardenbuildingsdirect 0800 169 6016 gardenbuildingsdirect.co.uk
Gardener & Cook 01273 477 049 gardenerandcookstores.co.uk
George at Asda 0844 824 3000 george.com
Gillette at Boots
GOSH at Superdrug

Hammerite 0844 481 7817 hammerite.co.uk
Herbal Essences Nationwide
Holland & Barrett 0870 606 6606 hollandandbarrett.com
House of Fraser 0845 602 1073 houseoffraser.co.uk

ikandi 0777 258 0137 ikandi4u.com
Internacionale 0141 552 2020

Jane Norman 020 7659 1234 janenorman.co.uk
Jemma Kidd Pro at SpaceNK 020 8740 2085 spacenk.co.uk
Jessica 020 8381 7793
Jim Lawrence 01473 826 680 jim-lawrence.co.uk
John Lewis 0845 604 9049 johnlewis.com
Johnson's 0845 601 2261 johnsonsbeauty.co.uk

Kaleidoscope 0844 556 3080 kaleidoscope.co.uk

Label.m labelm.co.uk
Lancôme Nationwide
Laura Ashley 0871 983 5999 lauraashley.com
Leighton Denny leightondenny.com
Littlewoods 0844 822 8000 littlewoods.com
L'Occitane uk.loccitane.com
Lombok 0870 240 7380 lombok.co.uk
Longchamp 020 7493 5515 longchamp.com
L'Oréal Paris Nationwide

M&Co 0800 031 7200 mandco.com
Mac 0800 054 2999 maccosmetics.co.uk
MD Formulations salonskincare.co.uk
Majique at Oceanic 020 7437 8438
Margaret Dabbs 020 7487 5510 margaretdabbs.co.uk
Marisota 0871 984 6000 marisota.co.uk

Marks & Spencer 0845 302 1234 marksandspencer.com
Matalan 0845 330 3330 matalan.co.uk
Mavala 01732 459 412
Max Factor Nationwide
Maybelline Nationwide
Mint Velvet mintvelvet.co.uk
Monsoon 0844 811 0068 monsoon.co.uk
Muji muji.co.uk

Neutrogena Nationwide
New Look 0500 454 094 newlook.co.uk
Next 0844 844 8939 next.co.uk
Nivea Nationwide

Ojon 0870 034 6700 ojon.co.uk
Oliver Bonas 020 8974 0110 oliverbonas.com
OPI 01923 240 010 lenawhite.co.uk
The Orchard 0845 643 0363 theorchardhomeandgifts.com
Orly 0845 459 7426 cupidandgrace.com

Palmer's 020 8554 7000 and boots.com
Pantene Nationwide
Parissa at Boots and Superdrug
Past Times 0845 241 6644 pasttimes.com
Paul Labrecque beautybay.com
Paul Mitchell 0845 659 0012
Peacocks 0292 027 0222 peacocks.co.uk
Pedlars 01330 850 400 pedlars.co.uk
People Tree 020 7739 9659 peopletree.co.uk
Perfectlyboxed 0116 332 2957 perfectlyboxed.com

Phase Eight 020 7471 4406 phase-eight.co.uk
Philosophy 0870 990 8452
Prestige at Boots
Primark 0118 960 6300

QS 0121 705 8286 qsgroup.co.uk

Rapid Lash at Boots
Redken 0845 600 0815 redken.co.uk
Ren at spacenk.co.uk and beautyexpert.co.uk
Revlon 0800 085 2716
River Island 020 8991 4904
Ruby & Millie at Boots nationwide

Sainsbury's 0800 636 262 sainsburys.co.uk
Selections 01305 848 725 selections.com
Silvikrin Nationwide
Simple 0121 712 6523 simple.co.uk
Skin Wisdom 0800 505 555 tesco.com
Strivectin at Space NK 020 8740 2085 spacenk.co.uk
Superdrug 020 8684 7000 superdrug.com

Tesco 0800 505 555 tesco.com
Toni & Guy at Boots
TRESemmé at Boots and Superdrug
Tu at Sainsbury's 0800 636 262 sainsburys.co.uk

Une at Boots
Urban Decay at Boots, Debenhams and House of Fraser

Very 0844 822 2321 very.co.uk

Wallis 0844 984 0266 wallis.co.uk
Waterstone's 0845 217 2920 waterstones.com

Back issues £3 per copy. John Denton Services, *essentials* Back Issues Department, PO Box 772, Peterborough PE2 6WJ (01733 385 170 24-hours /secure website: mags-uk.com/ipc). Cheque payable to IPC Media Ltd. Subscriptions order hotline 0844 848 0848 (UK orders only). Cheques payable to IPC Media Ltd. Subscription rates (12 issues, inc p&p): UK £32.50; USA direct entry $64.43; Europe/Eire 72.34 euros; North America $83.65; rest of the world £73.48. (Overseas copies sent Priority Service: 3–5 days within Europe/Eire; and within 5–7 days for all other countries; USA direct entry: 5–12 days.) Subscriptions enquiries and order hotline: +44 (0) 844 848 0848. *essentials* **Subscriptions**, PO Box 272, Haywards Heath, West Sussex RH16 3ZA; email ipcmedia.subs@qss-uk.com. Enquiries and overseas orders: IPC Media Ltd, Rockwood House, Perrymount Road, Haywards Heath, West Sussex RH16 3DH; tel +44 (0) 845 676 7778. Periodicals paid at Rahway, NJ. US agent: Mercury International, 365 Blair Road, Avenel, NJ 07001. Postmaster: please send address corrections to: *essentials*, c/o M.A.I.L America, 365 Blair Road, Avenel, New Jersey NJ 07001. **Printing** Origination by Wyndeham Pre-press. Printed in the UK by Wyndeham Impact and the Polestar Group Ltd.

Distribution Marketforce (UK) Ltd, The Blue Fin Building, 110 Southwark Street, London SE1 0SU (020 314 83333).
© A Time Warner company, IPC Media Ltd, 2010 *essentials* magazine is published by IPC SouthBank Publishing Company Ltd, part of the IPC Media Ltd group of companies. Reproduction of any written material or illustration in this publication in any form or for any purpose, other than short extracts for the purpose of review, is expressly forbidden unless the prior consent of the Publisher has been given in writing. *essentials* is sold subject to the following conditions, namely that it shall not, without the written consent of the Publishers first given, be lent, resold, hired out or otherwise disposed of by way of Trade at more than the recommended selling price shown on the cover, and that it shall not be lent, resold, hired out or otherwise disposed of in a mutilated condition or in any unauthorised cover by way of Trade, or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever. ISSN: 0953 6337.

recycle
When you have finished with this magazine please recycle it.

WIN with essentials Enter today to be in with a chance

ALL YOU NEED TO DO IS...

BY PHONE... Call 0901 553 0056 and you can enter all the treats listed on the coupon! BT calls cost 50p per minute and last approximately two minutes – costs from other networks may vary.

BY TEXT... Text ESSTREAT1 Followed by a space, your selection(s), your size (if applicable), your name, house number and postcode to **86611** – eg ESSTREAT1 01 03 06 Chloe 14 NN01 3LL. Texts cost £1 each, plus network charges. SP: Eckoh, 0870 880 4869. When you enter by text, you may in future get sms marketing messages from IPC and *essentials*; if you don't want to, please end your text with No info.

BY POST... On the coupon, tick the treats you would like to win, fill in your details and send to: Win with *essentials* August 2010, PO Box 502, Leicester LE94 0AB.

Phone lines open at midnight on 1 July and close at midnight on 5 August 2010.

Terms & conditions Normal IPC rules apply. Competition details form part of these terms and conditions. Entry is open to residents of the UK except employees (and their families) of IPC Media, its printers and agents, and competition sponsors. The winners (and companions, where relevant) must be aged 18 or over, unless otherwise stated. Proof of identity and age may be required. Use of a false name or address will result in disqualification. No responsibility can be accepted for entries lost or delayed in the post. Prizes are as stated and not transferable; no cash alternatives will be offered. Prizes are subject to availability. The promoters reserve the right to amend or alter the terms of a competition. No purchase is necessary. Winners will be chosen at random from all entries received by the closing date. The decision of the judges is final and no correspondence will be entered into. Competitions may be modified or withdrawn at any time. For a list of winners, write to essentials at IPC Media, Blue Fin Building, Southwark Street, London SE1 0SU.

WIN with essentials AUGUST 2010

ESSTREAT1 01 ☐	ESSTREAT1 06 ☐
ESSTREAT1 02 ☐	ESSTREAT1 07 ☐
ESSTREAT1 03 ☐	ESSTREAT1 08 ☐
ESSTREAT1 04 ☐	ESSTREAT1 09 ☐
ESSTREAT1 05 ☐	ESSTREAT1 10 ☐

Title Initials.....Surname.....

Address.....

.....

.....Postcode.....Size.....

Daytime tel no.....*Email.....

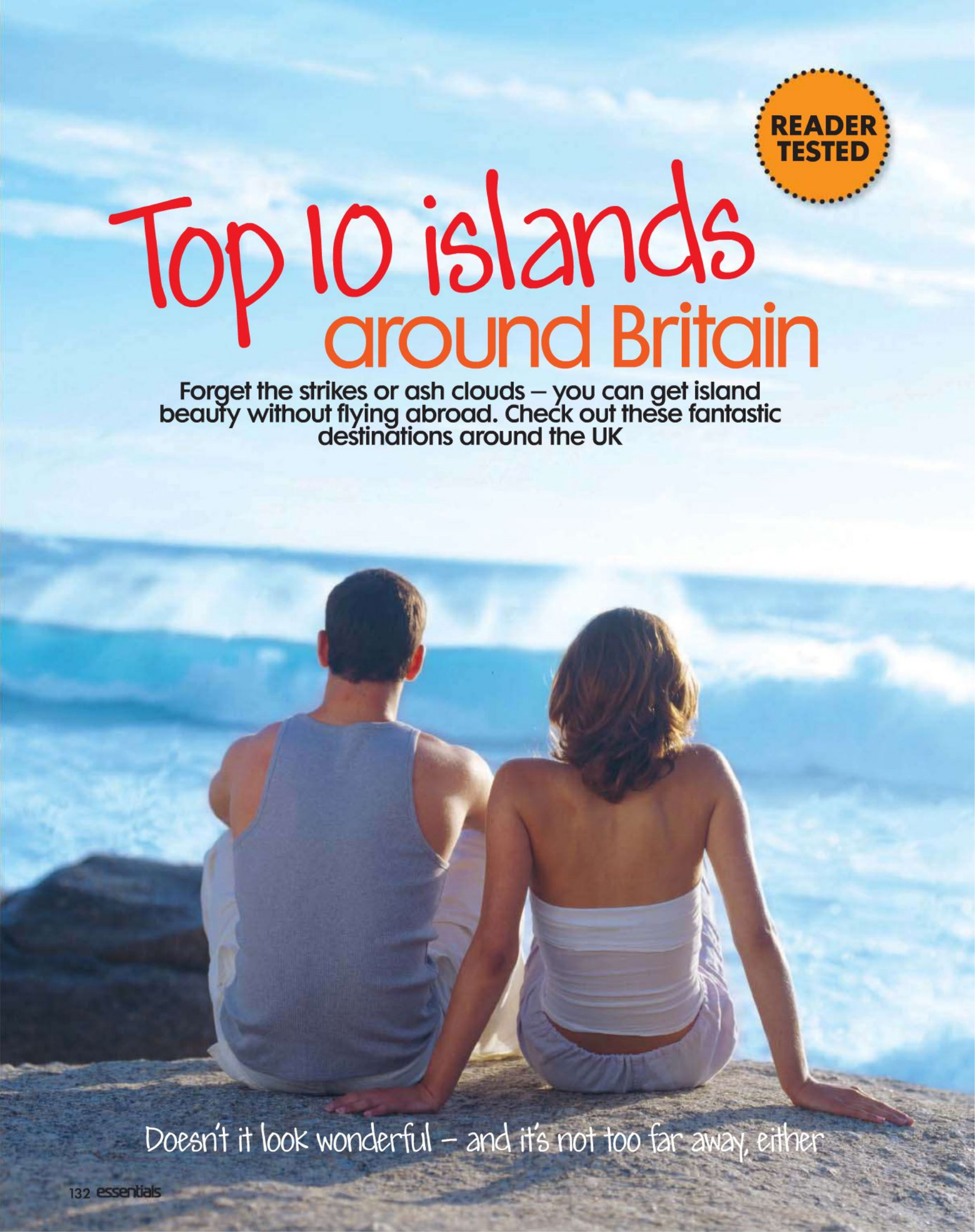
.....

essentials, published by IPC Media Ltd (IPC), will collect your personal information. *Would you like to receive emails from *essentials* containing news, special offers and product and service information and take part in our magazine research via email? If yes, please tick here ☐ *essentials* would like to contact you by post or telephone to promote and ask your opinion on our magazines and services. Please tick here if you prefer not to hear from us. ☐ IPC may occasionally pass your details to carefully selected organisations so they can contact you by telephone, post or email with regard to promoting and researching their products and services. Please tick here if you prefer not to be contacted ☐

READER TESTED

Top 10 islands around Britain

Forget the strikes or ash clouds – you can get island beauty without flying abroad. Check out these fantastic destinations around the UK



Doesn't it look wonderful – and it's not too far away, either


If you love wide open spaces and deserted beaches, Arran could be your island paradise.

Sark

Quiet, natural and best of all, no cars!

Where? In the Channel Islands.

Why go? The beaches are lovely and it's easily explored on foot or by bike.

Best for Anyone looking to slow down, especially if you want to escape city life.

Don't miss • A walk across La Coupée Path, which joins Big and Little Sark. • A gourmet dinner at La Sablonnerie. • The maze at La Seigneurie.

Stay Clos de Vaul Creux (0845 347 0029; bookdirectrooms.com), a wisteria clad, granite house, costs £52.50 per night in high season for a double en suite.

Getting there By boat from Guernsey and Jersey – visit sark.info for details.

SAVE WITH essentials

bookdirectrooms.com is offering a room upgrade, subject to availability, at Clos de Vaul Creux when you book two or more nights, plus a bottle of pink Champagne. Mention *essentials* in the 'special requirements' field when booking.


Why rush? Sark's gentle pace is such a tonic.

Arran



Abigail Price, 32, from Wem, Shropshire

'Off the south-western Scottish coast, Arran has miles of glorious beaches and superb scenery. We had the entire beach to ourselves. Great whisky, too!'

Best for Families wanting a beach holiday, and energetic couples in search of a breath of fresh, Celtic air.

Don't miss • A walk on the Arran Coastal Way. • A visit to 14th-century Lochranza Castle. • A wee dram from the distillery!

Stay Auchrannie Country Club lodges (01770 302 234; auchrannie.co.uk) from £125 for three nights.

Getting there By ferry from Ardrossan to Brodick (0800 066 5000; calmac.co.uk).

Guernsey

Sunny bays and shady coves

Where? 75 miles south of Dorset, 30 miles west of the French Normandy coast.

Why go? There's top-quality food at restaurants and a series of famous beachside kiosks. The beaches are lovely, and there's a great network of country walks.

Best for Families with children wanting to explore, cycle and relax. It's also on the foodie map.

Don't miss • The French market if you are there at the end of August. • The exhibition *Occupation: Behind Barbed Wire* at Guernsey Museum.

Stay St Pierre Park Hotel, the premier resort hotel (stpierrepark.com). A two-night spa break costs from £159, including breakfast and a treatment.

Getting there Fly from London Gatwick with Aurigny (aurigny.com), or take the ferry from Weymouth, Poole or Portsmouth (condorferries.com).

SAVE WITH essentials

Treat yourself to the Spa and Golf Package at St Pierre Park (August to November) for £158 per person, including two nights' dinner, bed and breakfast, a room upgrade, plus a round of golf or 30-minute spa treatment each day. There'll be a free bottle of wine in your room when you arrive if you call 01481 728 282 to book and quote *essentials* offer.



Jersey

Sara Pullen, 35, from Ealing, West London

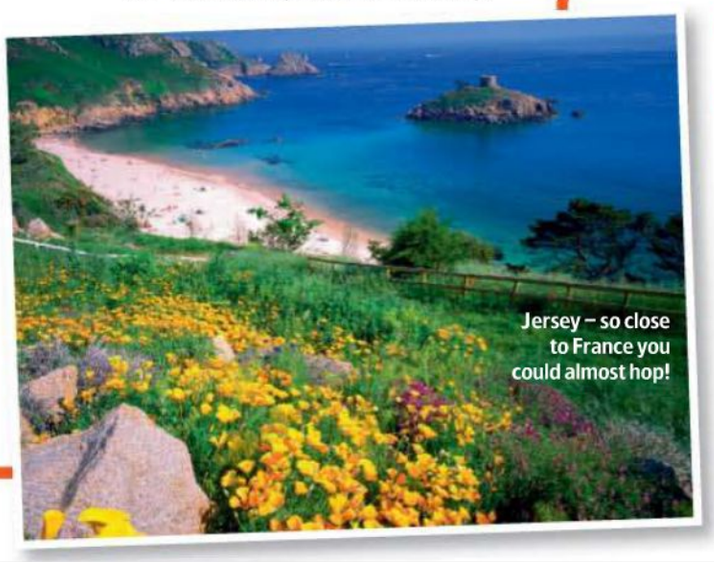
'Jersey is only 14 miles from France so the weather is great. We loved the views on our coastal walk and watching the clinking yachts in the busy harbour.'

Best for Sun-seekers and anyone who wants to be active: there's surfing, windsurfing, speed boating and cycling.

Don't miss • Elizabeth Castle in St Helier. • The Battle of the Flowers (August) billed as one of the most spectacular carnivals in Europe. • Jersey Lavender Farm.

Stay The swish Hotel de France (01534 614 100; defrance.co.uk) costs from £80 per person per night.

Getting there Flights from most British airports or ferry from Weymouth, Poole or Portsmouth (condorferries.com).


Jersey – so close to France you could almost hop!

Lundy

Exhilarating, isolated – totally unique

Where? In the middle of the Bristol Channel.

Why go? It's a haven for seabirds, including puffins, oystercatchers, guillemots and shag. The walks and views are spectacular.

Best for Couples wanting peace, walking and a spot of birdwatching.

Don't miss • Snorkelling or diving in the clear waters of Lundy Marine Nature Reserve. • A climb to the top of the highest lighthouse in Britain.

Stay The Castle Keep Cottages, costing from £567 to £854 for a high season week (01628 825 925; landmarktrust.org.uk).

Getting there From Bideford and Ilfracombe on the ship MS *Oldenburg* (01271 863636, lundyisland.co.uk).



Isle of Wight

Mandy Ellwood, 40, from Reading, Berks
'Just off the south coast, this is so easy to reach, yet feels a world away. Great beaches and coastal walks.'

Best for Sun-seekers, families looking for a traditional seaside holiday.
Don't miss • A Ghost Walk, if you dare! • Fun and relaxation on one of the 13 award-winning beaches. • Osborne House, Queen Victoria's island estate.
Stay At the former home of Alfred, Lord Tennyson at Farringford (01983 868 344; farringford.co.uk). Seven nights in a self-catering suite from £520.
Getting there By ferry from Southampton (0844 844 9988; redfunnel.co.uk).

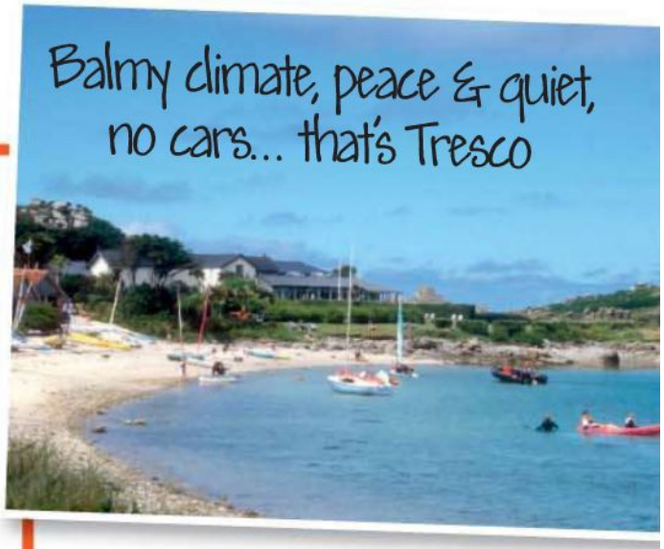

Looks like they've gone for fish 'n' chips!

SAVE WITH essentials

Red Funnel will offer *essentials* readers 10% off vehicle ferry travel when you book for two nights or more. Quote ETMAG in the promo code box on the website or when calling. Valid for a car and up to 6 passengers 1 July to 30 September 2010, excluding bank holidays and 9, 10 and 13 September.

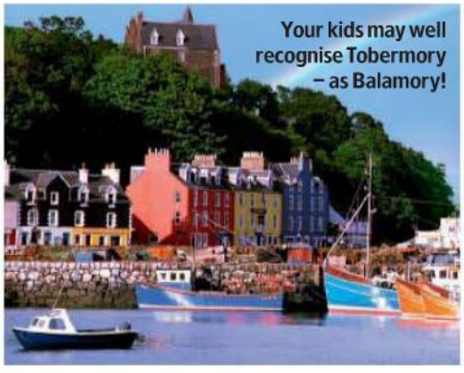
Tresco

It's bordering on a tropical paradise!
Where? Off Cornwall's southern tip.
Why go? It's totally unspoilt, has a great climate and no cars are allowed.
Best for Anyone needing a complete escape. Families will love the beaches.
Don't miss • The famous tropical Abbey Garden with 20,000 exotic plants. • Gallery Tresco, an old boathouse with a reputation for spectacular art shows. • High-octane windsurfing and kayaking.
Stay The Island Hotel (01720 422 848; tresco.co.uk) B&B rates start at £100 each a night.
Getting there On the Scillonian III ferry from Penzance (ios-travel.co.uk), or by helicopter from Penzance (01736 363871; islesofscillyhelicopter.com).



Mull

Wonderful wildlife, and so romantic!
Where? Just off Scotland's west coast.
Why go? It's full of wildlife – otters, red deer, birds of prey – and has been used as the location in films from *Entrapment* to *Highlander*... and kids' series *Balamory*!
Best for Couples wanting a romantic getaway, nature lovers and families planning an outdoors holiday.
Don't miss • Tobermory, where *Balamory* was set • Local whisky and honey. • A boat trip to see whales, porpoises and dolphins.
Stay Island Cabins (01688 302 504; islandcabins.co.uk) in Tobermory are £410 per week.
Getting there Ferries from Oban to Craignure on Mull (calmac.co.uk).


Your kids may well recognise Tobermory – as Balamory!

Skye

Wild, Scottish beauty...
Where? Off north-west Scotland.
Why go? Spectacular landscapes and great whisky are why Skye was recently voted 'fourth best island in the world' by *National Geographic*.
Best for Active fans of the great outdoors... or incurable romantics.
Don't miss • The original Macdonald castle in the beautiful Sleat Peninsula. • A taste of whisky from Talisker, the island's distillery.
Stay Kinloch Lodge Hotel (01471 833 333; kinloch-lodge.co.uk) has won a Michelin star. Five-course dinner, bed and breakfast from £150 per person per night. Tigh an Dochais (01471 820 022; skyebedand breakfast.co.uk) in Broadford costs from £40 per person per night for B&B.
Getting there The Skye Bridge from Kyle of Lochalsh connects Skye with the mainland. Ferries also run from Mallaig to Armadale (calmac.co.uk).

FREE WITH essentials

Book a two-night stay at Kinloch Lodge Hotel and receive a complimentary bottle of bubbly on arrival and an afternoon tea. Mention *essentials* when booking.



Isle of Man

Katie Jones, 30, from Cardiff 'This island, in the Irish Sea, has a slow pace of life and the mountains mean stunning views.'

Best for Motorsport fans and lovers of traditional seaside holidays.
Don't miss • The freshest local fish. • The TT races motorcycling route.
Stay Splash out on the Sefton Hotel's Hollywood Suite (01624 645 500; seftonhotel.co.im) £250 per night. Mews Cottage (07624 484 410; placestostay.im) sleeps six from £550 per week.
Getting there Ferry from Liverpool or Heysham (steam-packet.com); flights from Blackpool, Gloucester and Leeds/Bradford (Manx2.com).

FEATURE: JAMES LUCKHURST. PHOTOS: CORBIS; ALAMY; PICTURES COLOUR LIBRARY; PHOTOLIBRARY; IPC IMAGES

essentials

Editor Jules Barton-Breck

Deputy Editor Lucie Tobin
Creative Director Stuart Thomas

Editorial enquiries 020 314 87211

DESIGN 020 314 87222
Art Editor Rebecca Brannigan
Senior Designer Claire McCall
Picture Editor Tracey Pocock

PRODUCTION 020 314 87214
Chief Sub/Production Editor Sue Linford
Acting Deputy Chief Sub Editor Victoria Richards

FOOD 020 314 87218
Food Editor Jennifer Bedloe
Food Writer Lucy Jessop

FASHION 020 314 87227
Style Director Lucy Turner
Deputy Fashion Editor Lindsey Baker

BEAUTY 020 314 87224
Beauty Editor Sarah Cooper-White

FEATURES 020 314 87223
Features Editor Angela Cooke

HOMES 020 314 87226
Lifestyle Writer Fiona Galley 020 314 87211

Contributors Jennifer Newton (consumer & homes); James Luckhurst (travel); Olivia Stoddart (fashion); Phil Mundy (food)

Managing Director Jackie Newcombe
PA Amy Ransom
Acting PA Zoe Jordan 020 314 87651

Publishing Director Linda Swidenbank
Publisher Ilka Schmitt
Editorial Director Sue James

ADVERTISING
Southbank Group Advertising Director
Alex Russell 020 314 87570
Advertising Director Laura Makin 020 314 87617
Sales Executive Hannah Kreeger 020 314 87618
Agency Sales Team Manager
Kieran Killeen 020 314 87603
Advertising Manager (Regional Sales)
Jo McLenaghan 0161 872 2162
Beauty Communications Director
Zoe Robertson 020 314 87577
Creative Director, Business Development
Rebecca Duggan 020 314 87580
Head of Creative Solutions
Carla Faria 020 314 87607
Creative Director Maria Ginn 020 314 83617
Project Director Hannah Spice 020 314 83623
Project Manager Rachel Eggleton 020 314 83613
Art Director Ben Briley 020 314 83619
Classified Advertising Manager
Amy Bowler 020 314 82505
Classified Sales Team Leader
Tom Briant 020 314 82530
Classified Sales Executive
StephanieJackson 020 314 82992
Classified copy Hannah Allan 020 314 82561
Innovator Advertising Manager
Zoe Freeman 020 314 83707
Marketing Manager Katherine Smith 020 314 87690
Subscriptions Marketing Manager
Sarah Potter 020 314 86303
Production Manager Brian Martin 020 314 85442
Ad Production Paul Addison 020 314 85445
Syndication Sales Executive
Cerie McGee 020 314 85484
Circulation Executive – IPC Southbank
Bianca Lloyd-King 020 314 83565

IPC | SOUTHBANK
A part of IPC Media, a TimeWarner Company
For editorial enquiries: 020 314 87211
email: feedback@ipcmedia.com

Coming up in September
essentials
The brilliant tips issue!
Make life easier and get more time with our bumper collection of clever super-tips for style, fashion, food, home, beauty, decorating – everything!

PLUS
✔ The real woman's guide to skincare
✔ 50 fashion buys under £50
✔ Are you ruled by your hormones?

ON SALE 5 AUGUST 2010

32-PAGE MAGAZINE
Make it easy!



So many gorgeous ideas to make & enjoy
- Easy family meals for every day
- New veggie suppers
- 10 skills, from making the perfect sauce to chopping like a pro
- A girly menu your friends will love
- Gorgeous flowers for your home
- All-new cleaning tips – no vinegar needed!

Subscribe now! GET ESSENTIALS DELIVERED EVERY MONTH & SAVE OVER £12.50 – SEE PAGE 88



Lazy pool days, who could get bored? Well, if you do, the beach is close by.



Relax in comfy surroundings after a hard day in the sun!



Sun lounger, scenery, sunshine – you've found the secret to the perfect holiday.

EXCLUSIVE! JUST FOR YOU

WIN! 7-nights all-inclusive in Crete

Fancy a last-minute bit of sun? Our winner will soon be off on this fab holiday in Crete for four people – oh, and you don't need much spending money!

Whether you're looking for a fun-filled family holiday, somewhere to go that offers plenty of water sports or just an idyllic place for some chill-out, lounging around the pool, if you've not booked anything yet, here's your chance to win a super week's holiday.

Our winner will fly to the Greek island of Crete with Monarch before the end of October on a seven-night holiday for four people (you can take the family or your friends) – and the hotel is all-inclusive, so you won't be spending a fortune once you're there. You'll be flying from either Birmingham, Manchester or Gatwick airports and staying at the 3-diamond Despo Hotel in Gouves, Crete.

The hotel is set in lush, tranquil grounds with the Dikti Mountains in the background. The large pool area is the perfect place to soak up the sun and there's a free shuttle bus to take you to the nearby golden sandy beach where watersports are available (at an extra charge). And if you fancy a stroll, the quaint village of Gouves is just 1km away where you'll find shops, tavernas and bars.

Your prize will include buffet breakfast, lunch, dinner and snacks every day, as well as unlimited soft drinks and locally produced alcoholic drinks.

Enter today and you could be off to the sunshine soon!

TO ENTER Simply answer the question below, then call 0905 652 1154 or text ESSPRIZE, a space, your answer, your name, house number and postcode to 86611. BT calls cost £1 per call. Costs from other networks may be higher. Texts cost £1 per text, plus network charges. When you enter by text, you may in future receive sms marketing messages from IPC and *essentials*; if you don't want to get messages, please end your text with NO INFO. SP: Eckoh 0870 880 4869. Or send a postcard with your name, address, phone number to MRM, *essentials*/Crete Holiday Competition, PO Box 502, Leicester LE94 0AB to arrive by 5 August 2010.

In which film did a bored housewife find romance in Greece?
A *Bridget Jones* B *Mama Mia* C *Shirley Valentine*

◆ **Award-winning travel group Monarch offer a range of great-value holidays, accommodation, car hire and travel insurance with a week's all-inclusive stay at the Despo Hotel starting from £476 per person (based on a July departure for two sharing and including Monarch flights). For further information or to book Monarch flights, Monarch Holidays or Monarch Hotels, please visit monarch.co.uk.**

monarch.co.uk

TERMS & CONDITIONS Competition opens midnight 1 July and closes midnight 5 August 2010. Normal IPC rules apply. Competition details form part of these terms and conditions. The prize is as offered and consists of seven nights' all-inclusive accommodation for up to four adults (sharing two rooms) at 3-diamond rated Despo Hotel in Gouves, Crete, plus four return flights with Monarch to Heraklion airport in Crete from Birmingham, London Gatwick or Manchester airports. Airport taxes and the carriage of one piece of hold baggage per person are included in the prize. The prize is valid for travel before 22 October 2010 (excluding 13 July–23 August 10). The prize is offered strictly subject to availability and may not be available at peak times (such as school and bank holidays). The prize is non-transferrable and there is no cash alternative. Spending money, insurance transfers to and from airports (in UK and in resort), hotel charges beyond accommodation (such as meals and drinks other than those included in the all-inclusive package), watersports, air conditioning and hire of safety deposit boxes are the responsibility of the winners. Winners must confirm full names of those travelling prior to travel. Entry is open to residents of the UK, except employees (and their families) of IPC Media, its printers and agents, the suppliers of the prize, and any other companies associated with the competition. The winner must be aged 18 or over. Proof of identity and age may be required. Use of a false name or address will result in disqualification. All entries must be made directly by the person entering the competition. No responsibility can be accepted for entries lost, damaged or delayed in the post. The prize is as stated, and is not transferable to another individual and no cash or other alternatives will be offered. Flight extras are not included in the prize (flight extras include, but are not limited to, pre-allocated seats and the carriage of hold/checked-in baggage). The promoters reserve the right to amend or alter the terms of competitions. The winner will be chosen at random from all correct entries received by the closing date. Failure to respond and/or provide an address for delivery, or failure to meet the eligibility requirements may result in forfeiture of the prize. If the winner cannot be contacted, or is unable to comply with these terms and conditions, the promoter reserves the right to offer the prize to the next eligible entrant drawn at random. No bulk or third party entries will be accepted. The decision of the judges is final, based on the criteria set out in the promotion, and no correspondence will be entered into. Competitions may be modified or withdrawn at any time. The winner will be the first correct entry drawn after the closing date 5 August 2010 and notified in writing.

FREE BOOK

Your summer reading sorted!

Not stocked up for your sun-lounger-chill-out-time? Do it now with a fab free book, you just pay the postage. Plus, buy great reads at a special price

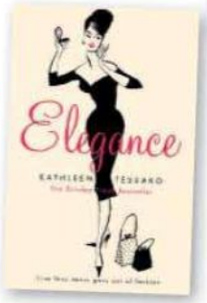
Buy any – or all! – of these and save £££s



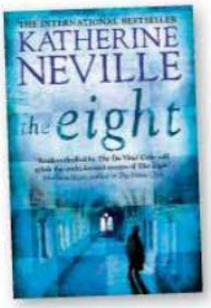
BEG TO DIE
by Beverly Barton
Jazzy Talbot knows she didn't kill her former lover... just as she knows she's being stalked by a hunter waiting to pounce. Fans of Tess Gerritsen and Karin Slaughter will love this.



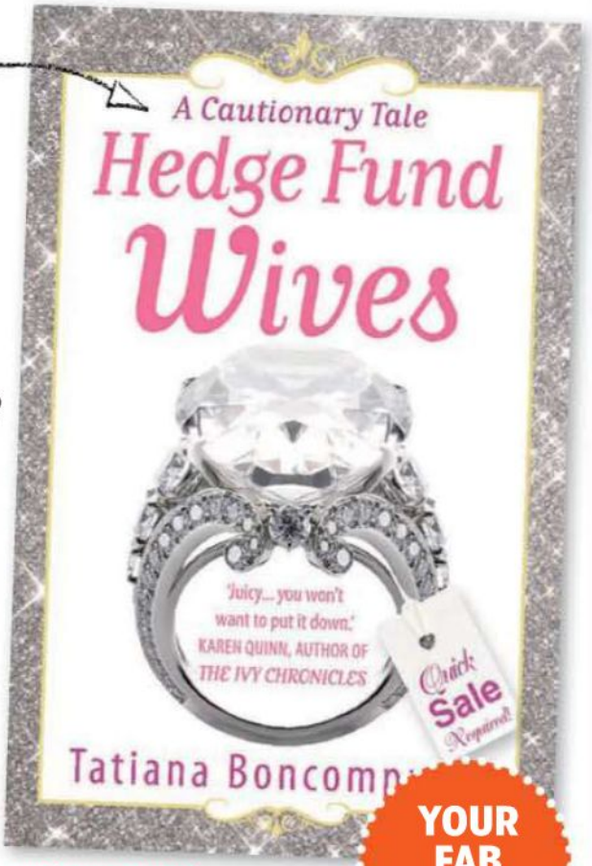
THE QUEEN'S SORROW
by Suzannah Dunn
Mary Tudor is lonely and depressed and so vents her anguish on her people. Her fall from grace is seen through the eyes of a Spanish sundial maker – the only person she trusts. Utterly compelling.



ELEGANCE
by Kathleen Tessaro
Louise feels like a middle-aged frump... until she finds *Elegance* – an A-Z of how to be stylish. This is just like a modern-day Audrey Hepburn film.



THE EIGHT
by Katherine Neville
There's non-stop suspense, espionage and murder, plus a puzzle to be solved, in this gripping thriller that paved the way for *The Da Vinci Code*.



YOUR FAB FREEBIE

HEDGE FUND WIVES
by Tatiana Boncompagni
Eager to play the part of dutiful wife, down-to-earth Marcy agrees to move from Chicago to New York when her husband is offered a big-time job, but discovers wives don't work, they play! At first it's fun to shop and party, but when her husband suddenly leaves her Marcy decides it's time to stand on her own two feet and fight for the things that are really important. Add this to your shelf next to *Sex and the City* and *The Devil Wears Prada*.

HOW TO ORDER

ONLINE Go to pressoffers.co.uk/har066 to place your order – it's a secure server.
BY POST Please fill in the coupon and send it with your cheque/postal order, made payable to Bookshop Partnership Ltd, to *essentials* Offer, Dept HAR066, PO Box 104, Ludlow SY8 1YB.
BY PHONE If your order is for more than £5 you can call the order hotline on 0870 755 2122 between 9am and 5pm, Monday to Friday. Please have your credit/debit card details to hand – you will need to quote offer code **HAR066**.

TERMS & CONDITIONS Offer only available in the UK and is restricted to one free book per household. Please allow 28 days for delivery. Proof of posting is not proof of receipt. This offer is subject to availability. If the original item you have chosen cannot be provided we reserve the right to substitute it with a different item in the unlikely event that the original one chosen should be unavailable. If you have any queries after you have made an order, please call 01584 879 776. Offer closes 30 September 2010. Company Name: Bookshop Partnership Ltd. Registered number: 04287570. Place of registration: England. Registered office: Belmont House, Shrewsbury Business Park, Shrewsbury (please do not send any queries or orders to this address).

POST TO: essentials Magazine Offer, Dept HAR066, PO Box 104, Ludlow SY8 1YB

BOOK	CODE	PRICE	OFFER PRICE	QTY	TOTAL
Hedge Fund Wives	1	£6.99	FREE	1	
Beg to Die	2	£6.99	£3.50		
Elegance	3	£7.99	£4		
The Queen's Sorrow	4	£7.99	£4		
The Eight	5	£7.99	£4		
Full set of 5 books – save a further £2!	6	£37.95	£13.50		
				p&p	£2.24
				Grand total	

Title (Mrs/Miss/Ms/Mr).....Initial.....Surname.....

Address.....Town.....Postcode.....

Daytime tel no..... Email.....

I enclose a cheque/postal order no:....., made payable to Bookshop Partnership Ltd, for the sum of £.....

Or, please debit my Delta/MasterCard/*Switch/Maestro/Visa (delete as applicable)

My card number is ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐ ☐☐☐ Security code (last three digits on the back of your card)

Valid from.....Expiry date.....*Switch issue number.....

Signature.....

This offer is brought to you by Bookshop Partnership Ltd. If you would like to receive information about future similar offers please tick here []

SPECIAL SUMMER SUBSCRIPTION OFFER

FROM JUST £19.99*

Treat yourself or a friend to this amazing offer!





YOURS FREE

PLUS RECEIVE A **FREE** BODY BUTTER FROM THE BODY SHOP®

Order online: www.magazinesdirect.com/iysn

or call the Order Hotline 8am-9pm, 7 days a week

0844 848 0848

Quote code: **MBFU** have your payment details ready when you call.

*This subscription offer is for 30 issues of the weekly titles and for 10 issues of the monthly titles. Final closing date for all orders is 30th September 2010. Offer only available for delivery to UK addresses. The free gift is a Body Shop travel size Body Butter. The Body Shop Body Butter may vary from the product shown above. Gifts are subject to availability, only available to UK subscribers and will be delivered separately within 28 days after your first payment has been taken. Gifts are limited to the first 2000 respondents. Offer only applies to featured magazines. All prices are discounted from the pro-rata full subscription rate advertised in each title, include P&P and are correct at time of going to press. Please allow up to 6 weeks for the delivery of your first subscription issue.

For enquiries and overseas rates call +44 (0)844 848 0848, or email ipcsubs@quadrantsubs.com.

Join us at fabulous Ragdale Hall

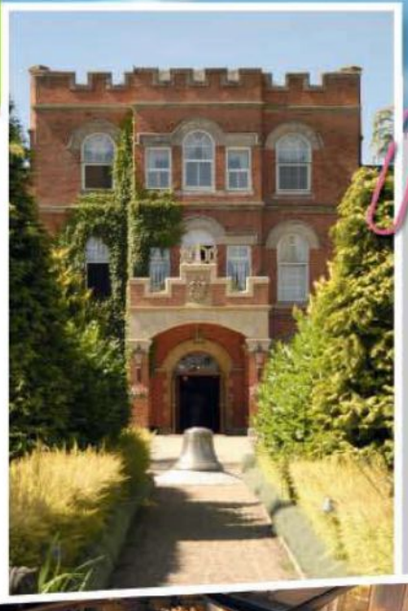
It's not too late to book your winter spa break with us – and we thought we'd give you our 2011 dates so you can plan ahead

Come and join us at Ragdale Hall...

- **2 NIGHTS**
 Sunday 21 to Tuesday 23 November 2010

What your two-night break includes...

- Refreshments on arrival at 2.30pm; a tour of Ragdale Hall, in Leicestershire.
- Two nights' accommodation.
- Breakfast (served in your room), three-course buffet lunch and fabulous three-course dinners.
- Complimentary robe hire.
- Pre-dinner welcome drinks and prize draw with the *essentials* team on your first evening.
- 50-min Natural Harmony Facial.
- 25-min Back, Shoulder and Neck Massage.
- Evening specials: Don't miss the Leighton Denny masterclass and fab fashion showcase.
- A discount voucher, so you can treat yourself to something special in the Ragdale Boutique.
- Full use of Ragdale's first-class facilities.
- Changing and luggage storage facilities available on your last day until 2pm... so there's no need to rush off!





Above: The grand entrance at Ragdale Hall. Left: Swim in and out of the Thermal Spa!

Something for everyone

As well as enjoying your inclusive treatments, make time to try everything else Ragdale offers...

- ✓ Thermal Spa with Indoor/Outdoor Waterfall Pool, Candle Pool and 'experience' rooms!
- ✓ Workouts for every level from spinning to yoga, and fun dance – and water – classes.
- ✓ 25m pool and separate exercise pool.
- ✓ Hi-tech gym, whirlpool, sauna and sanarium.
- ✓ Health and well-being advice.
- ✓ Holistic therapies.
- ✓ Treatments for mums-to-be – and for husbands and partners, there's a whole 'Just for Men' menu of pampering treats.
- ✓ Use of mountain bikes, tennis courts, pitch and putt, volleyball and boules.

Just for you...



SPECIAL EVENING MASTERCLASS

Join the Leighton Denny nail experts and find out what's new in the world of manicures and pedicures, plus quick and easy tips and tricks to keep your hands and feet in tip-top condition.

YOUR SPECIAL GIFTS!



- When you arrive at Ragdale Hall, there will be a super gift bag in your room containing lots of fab goodies, including a copy of *essentials* and a pamper bag of travel-size **Spa Find Heavenly products*, worth £20.**
- Our regular spa devotees love the **Leighton Denny manicure and pedicure** range, so as an extra bonus there will be a special gift from the collection waiting for you on your arrival.

PRICES are per person based on two people sharing and include VAT. Triple rooms are available on request.

- **NOVEMBER 2010**

Economy room	£256
Standard/Lodge room	£287
Superior room	£308
Single room supplement	£50

If you would like to extend your stay, you can book Tuesday 23 November. An extra night costs £119 and includes a 25-minute Conditioning Hand Treatment.

TO BOOK, CALL 01664 433 000 – AND DON'T FORGET TO TAKE A LOOK AT THE EXTENSIVE MENU OF TREATMENTS AT RAGDALEHALL.CO.UK AND PRE-BOOK TO AVOID ANY DISAPPOINTMENT.

*GIFTS ARE SUBJECT TO AVAILABILITY & MAY CHANGE

Dates for your diary

You can never start planning ahead too early... especially when it comes to booking your spa time! Just as we were going to press with this issue, we finalised our 2011 dates, so thought we'd better share them with you immediately – look out for prices and all the booking details in our October issue. If you want to pre-book your room for next year, call Ragdale Hall on 01664 433 000.

- **JAN 2011**
 3 NIGHTS
 Sun 30 Jan to Weds 2 Feb
- **MAY 2011**
 2 NIGHTS
 Sun 22 to Tues 24 May
- **NOV 2011**
 2 NIGHTS
 Sun 13 to Tues 15 Nov

Giveaways just for you

Simply call, text or write and you could be a winner... good luck!

To enter * ESSTREAT1 01, 02, 03 and 04 by phone, text and post, just turn to page 131 for full details. Lines are open: 1 July to 5 August 2010.

TERMS & CONDITIONS

** Prize is valid until 16 December 2010 and is subject to availability. Treatment value up to £35 per person. Offer breaks are subject to availability, for new bookings only and cannot to be used in conjunction with any other offer or discount. Discounts are off the current 2010 brochure. Offer excludes Christmas, Twixmas and New Year breaks, *Strictly Come Dancing* breaks, one and two-night breaks, Spa breaks and other selected breaks. Winners and guests must be over 21 years old. Supplements apply for room upgrades, some dining options and Experience breaks. Warner Leisure Hotels reserves the right to change or reduce these offers at any time without prior notice. Bourne Holidays (trading as Warner Leisure Hotels) is a company registered in England and Wales with company number 01854900 whose registered office is 1 Park Lane, Hemel Hempstead HP2 4YL.

*** Promoter: AB World Foods, Kiribati Way, Leigh WN7 5RS. Prize includes return transfers from any London station/airport to Gilgamesh, Camden (return travel from winner's home to London not included) and a Pan-Asian masterclass at Gilgamesh for two. Not suitable for vegetarians. Prize also includes the full set of Blue Dragon Ingredients and a range of cookery equipment sent to your home and £100 spending money in a cheque made payable to the winner. Prize must be taken within 12 months of prize notification (excl. Christmas, New Year, public and school holidays). Winner will be notified by phone w/c 9 August, and may be required to take part in follow-up publicity. Winner's name and country of residence may be obtained by contacting IPC Media, The Blue Fin Building, 110 Southwark Street, London SE1 0SU. Entry implies acceptance of these rules.

**** The prize of a £500 holiday voucher can be used in full or part payment for any holiday booked with Freedom Holiday Homes. Travel expenses and travel insurance are not included. The holiday paid for by the voucher is subject to Freedom Holiday Homes' normal booking T&Cs, available at freedomholidayhomes.co.uk. The voucher has no cash redemption value and is not transferable or assignable. Voucher must be redeemed by 30 April 2011. The prize also includes a Kettle® Chips goody bag containing one portable BBQ, a case (12x150g bags) of Kettle® Chips in a variety of flavours, a Kettle® Chips apron and a tea towel.

COMPILED BY: FIONA GALLEY



Live like a Lady at Thoresby Hall.



Fit in a few lengths at Littlecote House.

Romantic mini breaks

*** ESSTREAT1 01**

Warner Leisure Hotels has seven beautiful, countryside hotels, including three with AA 4-star status and AA rosette-standard fine dining, and six stunning coastal properties, all located throughout the UK. And as each hotel is exclusively for adults, it gives you a great excuse to leave the kids at home! Two of you will be able to choose where to spend your three-night pampering break for two people**. Whether you opt for the tranquillity of the south coast or the beauty of the Welsh countryside, each break includes half-board accommodation and a treatment each, plus nightly entertainment and complimentary use of the superb leisure facilities. For more details, visit warnerleisurehotels.co.uk.

EXCLUSIVE READER OFFER

SAVE with essentials *essentials* readers can save up to 20% throughout 2010 on many indulgent half-board Warner Leisure Hotels breaks, with prices starting from £179 per person per break. To book, call 0800 1 388 399, visit warnerleisurehotels.co.uk or go via your travel agent and quote 01REX.

Award-winning Murad skin sets

*** ESSTREAT1 02**

GIVE YOUR SKIN A BOOST!



Want to know the secret to radiant skin? Try Murad Active Radiance™ Serum, a serious multi-tasker that gives a brilliant youth boost to all types of skin. Plus, it's perfect for post-summer skin recovery as it helps to reverse the signs of sunspots and sun damage. The special ingredient is Dr Murad's Resilient-C Complex – a new technology that delivers 50 times the collagen-building, skin-brightening and cell-protecting power of ordinary vitamin C! This serum will give you these scientifically proven benefits:



- Brighter skin in one week.
- Skin is firmed up to 64% in 15 minutes.
- Resistance to UVB is increased up to 90%.
- Oil production is kept under control.
- Stimulates collagen production by 62%.

Want to try it for yourself? 12 of you will win a Murad Active Radiance Serum, worth £85. Murad products, including *essentials* beauty award-winner Murad Age Reform Perfecting Day Cream (*essentials*, July 2010), are available from murad.co.uk.



Foodie treat in London

*** ESSTREAT1 03**

We've teamed up with Oriental food expert Blue Dragon to give one reader an Eastern-inspired day in London***. You and your guest will take part in one of the UK's top Pan-Asian masterclasses with renowned chef, Ian Pengelley as your mentor at Gilgamesh Restaurant. And so you can practise your new skills at home, you'll also win Blue Dragon's full range of ingredients and £100 spending money! Blue Dragon's eight updated Oriental store cupboard essentials are all you need to create delicious Oriental recipes from scratch – bluedragon.com.





Cottage holiday & lots of yummy crisps!

*** ESSTREAT1 04**

Kettle® Chips hand-cooked crisps are the perfect snack for family holidays. Try new Sweet Red Pepper Salsa at BBQs and picnics this summer. Or, if you are lucky enough to win this prize, in the garden of your holiday cottage! One of you will win a £500**** cottage holiday from Freedom Holiday Homes. With over 200 self-catering cottages in the loveliest of locations throughout Kent & Sussex, you'll be spoilt for choice. You'll also get a goody bag with a portable BBQ and plenty of Kettle® Chips!



Prize crossword

It's quick, fun and you could win a one-night spa hotel break



GOLF & SPA BREAK WORTH £320!



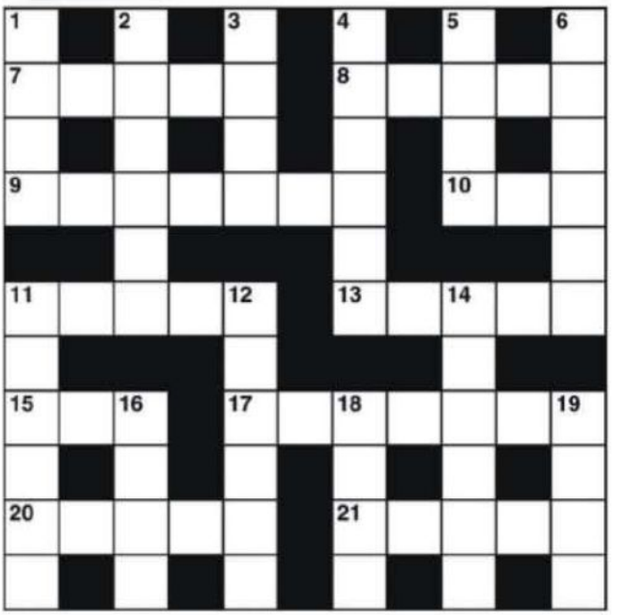
WIN!

This month, our winner will be going to the Hellidon Lakes Golf & Spa Hotel in Northamptonshire (qhotels.co.uk). Your prize*** includes...**

- **A one-night stay at the hotel with dinner, bed and breakfast for you and a guest.**
- **Unlimited golf.**
- **£10 off a full-body massage for you and your guest in the hotel's Spa. For info on events, activities and trips to Northamptonshire, just click on to britainonshow.co.uk.**

TO ENTER Call 09055 810 017 or text ESSWORDA, a space, the answer to 20 ACROSS, your name, house number and postcode to 86611. Lines open 1 July to 5 August 2010.

BT calls cost 25p per min and last about 2 mins. Cost from other networks may vary. Texts cost 50p each, plus network charges. When you enter by text, you may in future get SMS marketing messages from IPC and *essentials* magazine. If you don't want to, please end your text with No Info. SP: Eckoh, 0870 880 4869.



ACROSS

7 Titter, giggle (5)
8 Laws of a game (5)
9 Absence of law (7)
10 Costa ___ Sol, Spanish holiday region (3)
11 ___ Adams, *Summer of '69* singer (5)
13 Grubby (5)
15 Set of equipment (3)
17 Shown the red card in football! (4,3)
20 Jewish religious leader (5)
21 Baby bird (5)

DOWN

1 Jumping insect (4)
2 Sickly sweet (6)
3 Elegant, stylish (4)
4 Photographed medically (1,5)
5 Pleased, happy (4)
6 ___ Peacock, *Corrie* character (6)
11 Hairy ___, two TV cooks (6)
12 Edith ___, author of *The Railway Children* (6)
14 New recruit (6)
16 Hollow pipe (4)
18 Kind, friendly (4)
19 Phoney (4)

JULY PUZZLE SOLUTION

ACROSS: 7 Mango **8** Own up **9** Gas lamp **10** War **11** Bidet **13** Decay **15** Off **17** At speed **20** Donna **21** Fried

DOWN: 1 Smug **2** Unused **3** Nora **4** Hopped **5** Snow **6** Sporty **11** Blonde **12** Tea bag **14** Credit **16** Find **18** Safe **19** Dads

You'll find the answers to the crossword in next month's issue of *essentials*.

*****The prize is subject to availability & excludes bank holidays. Terms & conditions apply for the use of the golf course & Spa

All About W8
reshaping your life

FAST, SAFE AND IT WORKS

Lifestyle programmes to change your life!
From £24.50 per week.

Rapid
Regular
W8 For Life
Weekender
Fastrack

When you have lost your weight, our Maintenance Control programme will ensure it stays off for life!

Maintenance Control

It's all about becoming a fabulous new you



What we promise:
- ✓ Follow any of our five fat-burning programmes and you will lose weight fast.
- ✓ By using the tasks from our unique mind, body and balance approach, you will change your thoughts around food.
- ✓ You will improve your overall health.

How it works:
- Mealpaks + healthy food = fast weight loss.
- Select the lifestyle programme that works for you.
- It's simple – no calorie counting, no fuss and it works with a busy lifestyle.
- Choice of how you want to do it – online or with your local Consultant Mentor.

MONEY BACK guarantee

Feel the difference in just 1 week

Start the new you, your way, today
Get started online NOW or call your local Consultant Mentor
0844 544 7773 • www.allaboutw8.co.uk

If you are interested in becoming a Consultant Mentor in your area, call our business team or download a free prospectus from our website.

For any programme below 800 kcal per day, we will notify your GP. As with all weight loss programmes, we recommend you see your GP prior to starting.

Beauty



Fashion



Fashion



Education & Courses





Health





Weight Loss At Its Best www.allaboutw8.co.uk

Lingerie

Bravissimo



If you're looking for gorgeous lingerie in **D-KK cup** (28-40 back size) then we hope you'll love the summer collection available at Bravissimo. You'll find a fabulous choice for every occasion, from everyday styles to solutions for that special outfit.

If you've ever struggled to get your clothes to fit perfectly over your boobs, why not try Bravissimo's unique clothing range? Designed with extra room for your boobs and a tailored waist, you'll get that fabulous nipped in look! For poolside confidence, try their gorgeous range of bra-sized swimwear in D-K cup (28-40 back size) and their fabulous nightwear with a built in soft integral bra for a great night's sleep.

Bravissimo also offer **expert fitting advice** online, on the phone or in their stores to help you get the perfect fit.

For a free mail order catalogue or details of Bravissimo's 20 high street stores, **call 01926 459 800** or visit **www.bravissimo.com**
Please quote: Essentials 08/10 ad

Home Interest



Clairvoyants







Lingerie



General Interest

MANDEVILLE
OF LONDON

Makers of the Finest
Wigs and Hairpieces

For more information visit our website:
www.mandeville-wigs.co.uk

or telephone:
020 8741 5959

Personal



Personal



Clairvoyants











your stars by Penny Thornton



HAPPY BIRTHDAY Leo

24 JULY–23 AUG

THIS YEAR You will be seeing more of your world and will learn how to make it your oyster. February 2011 changes the map for you.
THIS MONTH It's all about where you go and what you say. Around the 21st, be patient and upbeat.
CURB YOUR ENTHUSIASM Think before you speak. There's every chance you could be right, but that doesn't mean you have to rub anyone's nose in it!

Weekly **0905 817 0442** Monthly **0905 817 0505**

Virgo

24 AUG–23 SEPT

This month The full moon of the 24th draws a line under the past. A new phase starts in September.
It's good to step back You need some time and space to yourself. Recharge those batteries.

Weekly **0905 817 0443**
Monthly **0905 817 0506**

Libra

24 SEPT–23 OCT

This month Are you feeling romantic? On or near the 7th of the month, events could change the course of a relationship.
Have love in your heart It will attract positive outcomes and beautiful moments.

Weekly **0905 817 0444**
Monthly **0905 817 0507**

Scorpio

24 OCT–22 NOV

This month Around the 20th, life seems a bit baffling, but by the 26th you'll know more.
Stand still for a moment If you don't know what to do about a situation, do nothing. It could be your best course of action.

Weekly **0905 817 0445**
Monthly **0905 817 0508**

Sagittarius

23 NOV–22 DEC

This month Time to take off and enjoy life, but be prepared for detours and delays as well.
See the bigger picture Short-term fixes are all very well, but keep in mind your long-term goals.

Weekly **0905 817 0446**
Monthly **0905 817 0509**

Capricorn

23 DEC–19 JAN

This month This is the start of a three-month period of changes – first on the job front; second, on the home front.
Take things in your stride You never know where a chance encounter will lead you.

Weekly **0905 817 0447**
Monthly **0905 817 0510**

Aquarius

20 JAN–19 FEB

This month You should make new friends and find a solution to a financial dilemma. The 10th marks a turning point.
Two heads are better than one It's an old cliché, maybe, but it's oh-so true.

Weekly **0905 817 0448**
Monthly **0905 817 0511**

Pisces

20 FEB–20 MAR

This month Whatever August brings in the way of tests and triumphs, everything makes more sense around the 24th.
Go for closure and completion They're not easily achieved, but these you can do now.

Weekly **0905 817 0449**
Monthly **0905 817 0512**

Aries

21 MAR–20 APR

This month Love and romance make a comeback for Arians, and a holiday could turn into a honeymoon.
Let someone else do the chasing Whether for love, money or a job, it will work – honest!

Weekly **0905 817 0438**
Monthly **0905 817 0501**

Taurus

21 APR–21 MAY

This month There's excitement and drama for you, especially on or around the 7th and 20th.
Make duplicates You may not need to back-up your documents, but why tempt fate?

Weekly **0905 817 0439**
Monthly **0905 817 0502**

Gemini

22 MAY–22 JUNE

This month There's lots to see and lots to talk about. After the 20th, journeys take up your time or take you back in time.
Avoid last-minute decisions They aren't always the best ones. Why the rush?

Weekly **0905 817 0440**
Monthly **0905 817 0503**

Cancer

23 JUNE–23 JULY

This month There's nothing ordinary about August's events. In some cases, they're life-changing.
Take charge Forget about being liked: if you want something badly enough, you just have to go for it.

Weekly **0905 817 0441**
Monthly **0905 817 0504**

ASTRO TAROT
For a personal Tarot Card reading, call
0905 817 1725
BT calls cost 75p per minute and last approximately 5 minutes. Cost from other networks may be higher.
SP: Eckoh 0870 880 4869.

Weekly starlines are updated every Monday. BT calls to 09058 cost 75p per min and last about 4 mins. Cost from other networks may be higher. SP: Eckoh, 0870 880 4869.

essentials APPROVED

Do you ever wonder what the future holds... why wait to find out?

Our love psychics can help you with any relationship issue giving honest and accurate advice...
CALL: 0906 344 0975
£1.50/min

Our friendly and experienced psychic readers are able to look into your past, present and future. Let them help you find direction and answers...
CALL: 0906 344 8012
£1.50/min

You can also text your questions over to one of our live psychics...
Text **ESSENTIALS** (space) and your question to **86655**
£3/text reading

Dial our freephone number to pay by credit card
0800 063 0664

BT calls/Credit Card readings cost £1.50 per minute. Cost from other networks may be higher. Callers must be 18+. Cost includes a CD of your reading upon request. Lines are open from 7am–2am every day, calls made outside of these hours will be charged. Max length for calls is 20 minutes/Credit Card readings 45 minutes. Text readings cost £3 plus std rate msg. Psychics will promptly reply to all messages. When you text a Psychic, you will get marketing messages from IPC Media Ltd and *essentials* magazine. However you can reply NO at any time to unsubscribe from marketing messages. Helpline: UK 0800 140 9049. Service provider: Pronto Media Ltd, PO Box 266, Chipping Norton OX7 9DJ. All calls are recorded. Readings are for entertainment purposes only. This service is regulated by PhonepayPlus.

PHOTO: CORBIS

My life's little essentials...

Allison Pearson

The author and award-winning journalist, 49, lives in Cambridge with her partner, the film critic Anthony Lane, and their children, Evie, 14, and Tom, 10. Her first book, *I Don't Know How She Does It*, was a bestseller. She is also a newspaper columnist





My iPod is a travel must-have

I'm a really nervous flyer, but I find it helps to crank up songs like The Police's *Every Breath You Take* to top volume on bumpy flights. It's a very good diversion.

Energy-enhancing poetry Reading it is like popping fabulous vitamins every day. My favourites are our poet laureate Carol Ann Duffy and the American poet Sharon Olds. They both connect with the deeper things in life, but with an easy touch.



A holiday with friends

When I turn 50 later this summer, I'll be with all my friends on a beach. Twelve adults and 15 children are flying out to the Greek island of Paxos to celebrate with me. I love the simplicity of life in Greece – my dream would be to live there for three months of the year.

Sex in hotels Every year, Anthony and I spend a night in a hotel and remember why we made children together. We've been to romantic Claridge's in London, but it doesn't matter where it is – sex is better in hotels.



Ordering cocktails

I'm devoted to Mojitos and it's my sworn duty in life to try as many as possible. The best thing is I can kid myself it's almost healthy because of all the crushed mint, but too many gets dangerous!

The gorgeous Richard Armitage from *Spooks*

He's my celebrity crush. Too many film stars are chipmunk-like pretty boys with nothing to recommend them to a woman, but Richard looks like a real, soulful man.

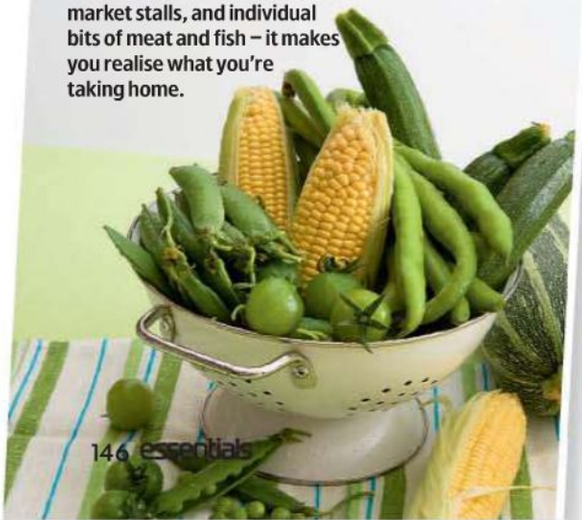


My bag lady look

I need to be comfortable when I write, so I go for a pair of old pyjamas, a nice pink dressing gown and sheepskin slippers.

Shopping every day

A much better idea than big weekly shops. We get fruit and veg from market stalls, and individual bits of meat and fish – it makes you realise what you're taking home.





Comfort eating Especially when I get my Lady Macbeth-style PMT. I try to control it with a healthy diet, but I'm terrible for comfort eating when I'm low. It's the worst thing for me, though – carbs send me into a sugar spiral.



A *Glee* fix!

I'm a Gleek – and proud of it! My daughter Evie and I are obsessed with the US musical-comedy drama *Glee* – it's not only life-enhancing and joyous, but has enough acid wit to satisfy any adult.

◆ Allison's latest novel, ***I Think I Love You*** (Chatto & Windus) is out now. Buy it for £11.69 at amazon.co.uk.

FEATURE: CAROLINE VIRR. PHOTOS: IPC IMAGES; ALAMY; REX FEATURES; CHANNEL 4

"Do you need a yogurt drink with a difference?"



If you lead a full and varied life you need a yogurt with a difference. Like Müller Vitality, the deliciously different probiotic yogurt.

Unlike most other yogurts it also contains prebiotic fibre, which feeds the good bacteria and helps to support a healthy digestive system.



müller Vitality
with prebiotic fibre

® = registered trade mark of the Müller Group

L'ORÉAL PARIS

5 problems, 1 solution.

NEW

ELVIVE

FULL RESTORE 5

Hair feels **stronger**, **weightless**, with a **healthy shine**.

8/10 WOULD RECOMMEND*

1. Weak
2. Limp
3. Lifeless
4. Dull
5. Straw-like



Cheryl Cole

Cheryl is wearing natural hair extensions, cared for with Full Restore 5.
*Current users, 2'10 women.

Because you're worth it

L'ORÉAL PARIS